

Keratosis Pilaris (KP):

Keratosis pilaris (KP) is a common bumpy rash. It is usually found on the outer upper arms, upper thighs, and cheeks. It looks like small bumps that are skin colored or red. KP can be itchy for some people, but usually there are no symptoms. The skin can become irritated if it is very dry or if the bumps are picked or scratched.

- Some people with KP have a lot of redness in their skin which may worsen with heat or emotion (flushing). This is called keratosis pilaris rubra.

KP Causes:

- KP is caused by a plug of dead skin cells around a hair follicle. It worsens in the winter when the weather is dry. KP can be confused with eczema, acne, or infections, but it is not any of these.
- KP is a genetic condition. Children and teenagers who have KP can also have dry skin or eczema. KP may continue into adulthood but usually improves with age.

Treatment options:

- KP is a harmless condition that usually does not need to be treated. However, it can be itchy and last a long time. If KP is bothersome, you can treat it. Unfortunately, no treatment can “cure” KP. After stopping treatment, the rash usually comes back.
 - Moisturizers:
 - Most patients improve with a daily moisturizing cream. Moisturizers help with dry skin but will probably not clear the bumps.
 - “Peeling” creams:
 - These creams help open the plugged follicles. This can improve how the rash looks or give the skin a smoother feel.
 - Products we recommend:
 - Urea Preparations:
 - Recommendations: [PurSources 40% Urea Cream](#) or [Eucerin Roughness Relief Cream](#) (~30% urea)



- Lactic acid creams:
 - Recommendation: [Amlactin Ultra Smoothing Cream](#) or [Gold Bond Ultimate Rough & Bumpy Skin Daily Therapy Cream](#)



- Glycolic Preparations:
 - Recommendation: [Glytone KP Kit](#) (can be bought in our office or online)
 - The Glytone Kit comes with an Exfoliating Body Wash and Body Lotion. You should apply then rinse off the body wash in the shower and apply the lotion to affected area right after leaving the shower.



- Salicylic acid cleansers:
 - Recommendation: [Neutrogena Oil-Free Acne Wash](#) or [CeraVe SA Renewing Cleanser](#)
 - Apply cleanser to areas affected by KP in the shower and rise off.



- Mild steroid creams or non-steroidal anti-inflammatory creams:
 - Hydrocortisone 1% cream can be used to help treat KP with associated itch. These should not be used continuously