

Seborrheic dermatitis

Also called: seborrheic eczema

A skin condition that causes scaly patches and red skin, mainly on the scalp.

Very common

More than 3 million US cases per year

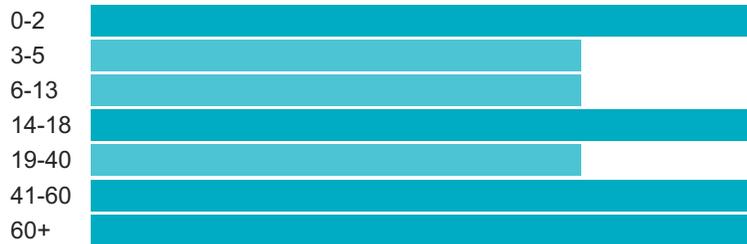
-  Treatable by a medical professional
-  Requires a medical diagnosis
-  Lab tests or imaging rarely required
-  Medium-term: resolves within months

It can also occur on oily areas of the body, such as the face, upper chest, and back.

In addition to scaly patches and red skin, seborrheic dermatitis can cause stubborn dandruff.

Treatment involves self-care and medicated shampoos, creams, and lotions. Repeated treatments may be necessary.

Ages affected



Symptoms

Requires a medical diagnosis

In addition to scaly patches and red skin, seborrheic dermatitis can cause stubborn dandruff.

People may experience:

Skin: rashes, dryness, flakiness, peeling, or redness

Also common: dandruff or itching

Treatments

Treatment depends on severity

Treatment involves self-care and medicated shampoos, creams, and lotions. Repeated treatments may be necessary.

Medications

Antifungal: Kills or prevents growth of fungi.

- Pyrithione zinc
- Ketoconazole (Nizoral, Xolegel, Extina, and Nizoral A-D)
- Selenium sulfide (Selsun Blue, Tersi Foam, Selsun Blue Moisturizing, Anti-Dandruff With Menthol, and SelRx)
- Sertaconazole (Ertaczo)

Steroid: Modifies or simulates hormone effects, often to reduce inflammation or for tissue growth and repair.

- Hydrocortisone (Solu-cortef, Cortaid, Cortef, Pandel, and Locoid)
- Betamethasone (Luxiq, Betaloin SUIK, Diprolene AF, Celestone Soluspan, and Sernivo)
- Desonide (Desonate and Verdeso)
- Fluocinolone acetonide
- Clobetasol (Olux, Olux-e, Clobex, Cormax, and Temovate)

Anti-Inflammatory: Prevents or counteracts swelling (inflammation) in joints and tissues.

- Salicylic acid (Selsun Blue, Virasal, Keralyt, Salvax, and Salacyn)

Antibiotics: Stops the growth of or kills bacteria.

- Metronidazole (Flagyl, Metrogel, Noritate, MetroCream, and MetroLotion)
- Sulfacetamide (Klaron, Ovace, Ovace Plus, Seb-Prev, and Ovace Plus Wash)

Immunosuppressive drug: Reduces immune response.

- Pimecrolimus (Elidel)

Self-care

Moisturizer: Hydrates and protects skin from damage.

Aloe: A plant whose gel may help heal burns and other injuries when applied to the skin.

Specialists

Pediatrician: Provides medical care for infants, children, and teenagers.

Primary care provider (PCP): Prevents, diagnoses, and treats diseases.

Dermatologist: Focuses on disorders of skin, nails, and hair.

Consult a doctor for medical advice

Note: The information you see describes what usually happens with a medical condition, but doesn't apply to everyone. This information isn't medical advice, so make sure to contact a healthcare provider if you have a medical problem. If you think you may have a medical emergency, call your doctor or a emergency number immediately.

Sources: Mayo Clinic and others. Learn more