

Dandruff

(seborrhoeic dermatitis)

What is it?

Seborrhoeic dermatitis is a type of scaly, red rash affecting areas of the skin with oil glands. These areas include the scalp, face (especially the creases around the nose, behind the ears and between the eyebrows), armpits and upper body. It affects most newborn babies and infants (cradle cap). It is not common in children, but then can start in your teenage years due to changes in hormones (dandruff).



How can we treat it?

Medicated shampoo:

- ✓ Use this shampoo 2-3 times per week.
- ✓ If you can, leave it on the scalp for 3-5 minutes before rinsing it off.
- ✓ When you are rinsing it off, wash the suds over your face, around your ears, neck and armpits also.

Sometimes other scalp treatments are needed.

Today you have been prescribed:

If you have the scaly red rash over your skin, using a cream will help clear it. The rash may return at times of sickness, sleep deprivation or stress. If this occurs, the cream can be used again. **Today you have been prescribed:**

How can we prevent it?

- ✓ Continue to use the medicated shampoo at least once each week as maintenance.
- ✗ Avoid irritating soaps and shower gels, use soap-free wash instead.
- ✓ Keep the skin moisturised – apply this at least once every day.
- ✓ Learn to identify your triggers (i.e. sleep deprivation, stress) for the skin rash, and if possible, avoid these.



Your skin care plan:

Want more information?

dermnetnz.org
dermcoll.edu.au/a-to-z-of-skin

This factsheet was developed as part of the Koolungar Moorditj Healthy Skin Project.