

# Pityriasis Versicolor

## What is it?

Pityriasis versicolor is a common yeast infection of the skin that causes scaly, discoloured patches over the upper body, chest, neck and arms. Pale patches are most common in darker skin but this is not permanent and the skin colour will return to normal with treatment, sun protection and time. Pityriasis versicolor is most common in young adults and in hot, humid climates. It is not contagious but can affect more than one member of a family.



## How can we treat it?

Pityriasis versicolor is mostly treated with an antifungal cream, lotion or shampoo. These are applied directly to the skin – to cover the neck, body, arms and legs. Creams and lotions can be left on overnight, but shampoos should be rinsed off in the shower after 5-15 minutes. The antifungal treatment is generally used every day to start with, but your doctor will advise the best treatment course for you.

Today you have been prescribed:

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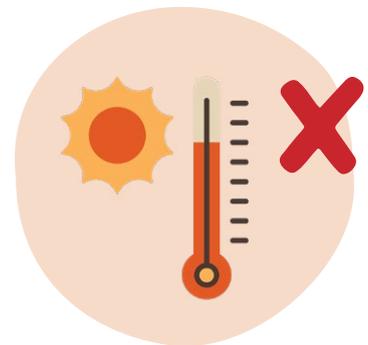
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## How can we prevent it?

It is common for pityriasis versicolor to come back, especially when the weather is hot. To stop this, you can use the antifungal cream, lotion or shampoo treatment **once per month ongoing**.



## Your skin care plan:

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## Want more information?

[dermnetnz.org](http://dermnetnz.org)

[dermcoll.edu.au/a-to-z-of-skin](http://dermcoll.edu.au/a-to-z-of-skin)

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