Seborrheic Dermatitis

Seborrhea is a condition in which there is reddened, scaly skin. It usually shows up where there are more sebaceous glands. This condition is also known as seborrheic dermatitis or common dandruff. When this condition affects a baby's scalp, it is called cradle cap. It may come and go for no known reason, from infancy to old age. While treatment cannot cure this condition, it can reduce the redness, itching, and scaling. **It is not contagious and does not cause baldness**.

TREATMENT

- Adults with seborrhea can use anti-seborrheic, or dandruff shampoos including Head & Shoulders®, Selsun Blue®, Exelderm, and others as recommended by your caregiver or local drug store.
- Babies with seborrhea can use baby oil to soften the scales, and then wash with baby shampoo. If this does not help, anti-seborrheic shampoos should work.
- Your caregiver may prescribe corticosteroid cream and shampoo containing ketoconazole (an anti-fungal or yeast medication). Hydrocortisone or anti-yeast cream can be rubbed directly into seborrhea patches. Yeast does not cause seborrhea, but it seems to add to the problem.

SEEK MEDICAL CARE IF:

- You do not obtain relief from the medicated shampoos, lotions, or other medications given to you by your caregiver.
- You have any other questions or concerns.

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