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Seborrheic Dermatitis/ Sebopsoriasis

Management Handout

*Remember this is the skin's reaction to the fungus population on your body. Decreasing the population of fungus is essential in management.

List of over the counter dandruff shampoos to use:

Selsun Blue Head and Shoulder

T-Gel Nizoral

List of medications your provider may have prescribed you today:

Clobetasol (Olux foam, Clobex, generic clobetasol)

Ketoconazole 2% Shampoo

Derma-Smoothe FS Scalp Oil

Treatment:

1. Wash hair daily.
2. Use dandruff shampoos at least three times weekly, leave on scalp for 10 minutes before rinsing.
3. If you have been diagnosed with seborrheic dermatitis on areas besides the scalp i.e. face or ears, use over the counter dandruff shampoo or prescribed shampoo twice weekly to area, leave for 5 minutes, then rinse.
4. Use dandruff shampoos daily on scalp if severe or worsening case; alternate the use of 2 different dandruff shampoos. For example: use Selsun Blue one day, then use T-Gel the next day, Selsun Blue the next day, etc. Once improved, you may switch to using dandruff shampoo three times weekly for maintenance.
5. If prescribed clobetasol, understand this is a topical steroid. Use the steroid as prescribed by your provider. Continuous use can cause skin atrophy, pigment changes, and resistance. Do not use on the face.
6. Return to clinic if condition worsens for evaluation.

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