

PATIENT INSTRUCTIONS

Common Scalp Conditions

(E.G., Scalp Eczema, Seborrheic Dermatitis, Scalp Itch...)

- **This does not** reflect poor hygiene, it **is not** contagious, and **is** common (especially in cold weather)
- **This can be** treated effectively but it **may** re-occur; especially in adults

	TREATMENT	Flares (4 Weeks)	Maintenance (Weekly)
		Wash hair daily	
Mild	Anti-Dandruff Shampoo	3x / week	1-3x / week
	Mild Shampoo	Every other day	Every other day
Moderate to Severe	Prescription Treatment	As instructed by doctor	
	Anti-Dandruff Shampoo	3x / week	1-3x / week
	Mild Shampoo	Every other day	Every other day

Suggested anti-dandruff shampoos:

[Vichy Dercos Anti-dandruff Shampoo \(normal to dry hair or normal to oily hair\)](#), [Nizoral Anti-dandruff Shampoo](#), [Selsun Blue Shampoo](#), [Neutrogena T-Gel Therapeutic Shampoo](#), [Head and Shoulders Clinical Strength Dandruff Defense](#)

Suggested non-irritating, mild shampoos:

[Vichy Dercos Mineral Soft Shampoo](#), [Vichy Dercos Dermo-Soothing Shampoo](#), [CeraVe Baby Wash & Shampoo](#), [Ducray Sensinol Physio-Protective Shampoo](#), [Cliniderm Gentle Shampoo](#), [Aveeno Scalp Soothing Fresh Greens Blend](#)

NOTE: If you are reading this electronically, you can click on any product name for additional information.

PRACTICAL CONSIDERATIONS



No Scratching

It will make things worse and can cause infection



Gentle Massage

With shampoo – also works on face, ears and chest



Lukewarm Water

Too hot will make the condition worse



Medium or Low

Too hot will make the condition worse



Styling & Brushing

Too much brushing or too many styling products can make the condition worse

- Leave your shampoo on for the recommended time; they need time to work well
- If one type of shampoo works for a while and then becomes less effective, alternate between two or more types
- Note that these conditions can occur in other body areas with hair. Your doctor may advise you to use a shampoo on your face, ears, chest, armpits, groin etc. as required.

