Seborrhea

Seborrhea is a common skin condition that can be seen in infants, adolescents, and young adults. The cause of seborrhea is not known. It is thought to be associated with increased skin oil gland activity. Increased oil on the skin can allow yeast to grow on the skin more easily. Seborrhea is not contagious.

In infancy, seborrhea can occur when hormones are passed from the mother to the child. Infants can get seborrhea of the scalp (cradle cap) beginning at 2 to 10 weeks of age. Seborrhea can also occur in the diaper area; under the arms; under the neck; on the forehead, eyebrows, or nose area; and behind the ears. Seborrhea in infancy will go away in several weeks to months without treatment.

In adolescence, the child's increasing hormones can contribute to seborrhea. Teens and young adults may get seborrhea in the eyebrows, at the sides of the nose, on the middle chest, or on the back. Teens with seborrhea may have it come and go for a long period of time.

The following treatment may be helpful:

- Topical steroid (mild potency) – used to decrease skin inflammation.
- Nizoral® cream (or other anti-fungal cream) – used to decrease yeast on the skin.
- Nizoral® shampoo – used for scalp treatment.
- Topical immunomodulators

To cleanse the scalp:

1. Apply a thin coat of vegetable oil to the scalp. Leave on for a few minutes.
2. Apply selenium sulfide shampoo. Wash the scalp with a gentle brush.
3. Do not get shampoo in the child's eyes.
4. Rinse thoroughly with warm water.
5. Pat dry with clean towel.