



Dandruff Shampoos for Seborrheic Dermatitis

Over the counter brands:

Salicylic acid: Neutrogena T/Sal, DHS Sal, Baker's P&S

Tar: Neutrogena T/Gel, DHS Tar, DHS Targel, Denorex Extra Strength, Tarsum

Medicated shampoo with or without conditioner: Pentrax, Pentrax Gold, Polytar

Zinc Pyrithione: Head & Shoulders, DHS Zinc, Denorex Advanced Formula

Selenium sulfide: Selsun Blue

Instructions for application:

It is helpful to alternate between at least 2 different shampoos. Choose shampoos with different active ingredients, from different lines above.

Use dandruff shampoo at least 2-3 times a week.

Leave lather in place for at least 5 minutes, before rinsing it out.

The more often you shampoo, the better controlled your seborrheic dermatitis is likely to be. If you usually shampoo daily, you don't have to use the dandruff shampoo every day.

If you don't like the way a dandruff shampoo makes your hair feel, use your favorite shampoo or conditioner afterwards.

If you have seborrheic dermatitis on your face, spread the lather on affected areas & leave on for 5 minutes and rinse.

ZNP bar soap (ask your pharmacist) may be helpful for seborrheic dermatitis on the face. Use it as you would any bar soap when you wash your face.