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KERATOSIS PILARIS TREATMENT

Treat all affected areas TWICE DAILY as follows: this regimen must be followed consistently in order to achieve improvement in the condition. The condition will probably not clear completely. If good improvement is noted the regimen should be continued or skin will gradually revert to prior state. If you are pleased with your progress you can try to decrease regimen to once daily and gradually to less frequently but resume if there is unwanted recurrence.

1. Wash gently with warm water and mild cleanser (this can be in the shower or bath). Some ex. of recommended cleansers are fragrance-free Dove soap, Cetaphil soap-free cleanser, Aveeno, Tone, Oil of Olay, or Purpose. Use as little of the cleanser/soap as possible.
2. Apply Lac-Hydrin Cream.
3. Massage each area (if face, each cheek is one area; if arm, each arm is one area; etc.) for one minute with a "Buff Puff" or other mildly abrasive sponge.
4. Apply hydrocortisone 2.5% cream.

Additional suggestions for sensitive skin care:

1. Use a hypoallergenic detergent such as Dreft-All-Free, Cheer-Free, or Tide-Free to wash clothing and linens. These products are dye and preservatives free.
2. Avoid fabric softener dryer sheets like bounce. These can leave a residue on clothing and linens that can be very irritating to the skin (even the ones marked as gentle or hypoallergenic). If you must use a fabric softener, use a liquid one for sensitive skin in the washer.
3. Double rinse all clothing and linens.
4. Showers/baths should be brief and not too hot.
5. Moisturize skin as needed throughout the day. Some ex. of good moisturizers are: Cetaphil, Eucerin and Lubriderm. The creams are thicker and more moisturizing than the lotion formulations.