Diagnosis: **KERATOSIS PILARIS**

**GENERAL INFORMATION:**
- This condition cannot be cured. It tends to persist through life, although some may improve in adulthood.
- Consistent use of treatments are needed to maintain effect.

**TREATMENT RECOMMENDATIONS:**
- **DAILY MOISTURIZING:** Apply a heavy, bland emollient (*ointment* or *cream*) to all skin 1-2 times daily. This can help make the rough skin less noticeable.
  - Aquaphor or Vaseline ointment
  - Vanicream, Cetaphil, Cerave, Aveeno Advanced Care, or Eucerin Cream

- **KERATOLYTICS:** Consider for older children or teens with cosmetic concerns. Use 1-2 times daily.
  - Eucerin Plus or Amlactin lotion
  - LacHydrin cream (12%)
  - Cerave SA Renewing lotion
  - Eucerin Intensive Repair, Professional Repair, or Smoothing Repair
  - Gold Bond Rough and Bumpy Skin

**REFERRAL GUIDELINES:**
- Referral generally not indicated for this common skin condition, as there are no consistently effective treatments.