Texas Children's Hospital
Dermatology Service
PCP Referral Guidelines - Tinea Versicolor

Diagnosis: TINEA VERSICOLOR/PITYRIASIS VERSICOLOR

TREATMENT RECOMMENDATIONS:

• Ketoconazole shampoo 2% daily for 2 weeks. Use as body/face wash. Leave on for 5 minutes before rinsing off.
  o Over-the-counter alternatives include:
    ▪ OTC Selenium sulfide shampoos (Selsun Blue, Head and Shoulders Clinical Strength)
    ▪ OTC Pyrithione zinc shampoos (Head and Shoulders Classic Clean)

OR

• Topical anti-yeast creams: Miconazole 1% cream (or alternative anti-yeast medication) for 2 weeks.

| Anti-yeast medications | Miconazole 1% cream | Nystatin 1% cream | Ketoconazole 2% cream (currently not covered by Medicaid) |

OR

• For refractory cases in ADOLESCENTS:
  o Fluconazole 300 mg x 1 dose, repeat in 1 week
  o Itraconazole 200 mg/day x 7 days

PREVENTION: Use Ketoconazole 2% shampoo (or other over-the-counter alternative) as body wash once weekly, leaving on for 5 minutes, before rinsing off.

REFERRAL GUIDELINES: Please note, discoloration may persist for weeks to months after successful treatment. Resolution of scale is a proxy for successful treatment. Please refer if patient has no improvement noted after following above mentioned recommendations.