



Texas Children's Hospital
Dermatology Service
PCP Referral Guidelines- Keratosis Pilaris

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.