



**Texas Children's Hospital
Dermatology Service
PCP Referral Guidelines- Seborrheic Dermatitis**

Diagnosis: **SEBORRHEIC DERMATITIS**

GENERAL INFORMATION:

- Seborrheic dermatitis is a common, benign skin condition that is thought to be caused by overgrowth of a yeast that resides on the skin, Malassezia.
- In infants, this typically resolves within the first year of life, so treatment is not required.
- In children and teenagers, this may be chronic, requiring maintenance therapy.

TREATMENT RECOMMENDATIONS:

For children/teenagers:

Scalp:

- Maintenance shampoo 2-3 times weekly (or less frequently for drier hair types), shampoo should be allowed to sit for ~5 minutes before rinsing)
 - Ketoconazole 2% shampoo
 - OTC Selenium sulfide shampoos (Selsun Blue, Head and Shoulders Clinical Strength)
 - OTC Pyrithione zinc shampoos (Head and Shoulders Classic Clean)
- For symptomatic relief: Fluocinolone 0.01% (Derma smoothe oil) or clobetasol 0.05% solution twice daily as needed.

Face:

- Miconazole 1 % cream (or other anti-yeast medication) mixed in equal amounts with hydrocortisone 2.5% cream (or other class 5, 6, 7 topical steroid)

For infants with generalized skin involvement

- Mild: Miconazole 1 % cream (or other anti-yeast medication) mixed in equal amounts with hydrocortisone 2.5% ointment (or other class 5, 6, 7 topical steroid)
- Severe: Miconazole 1 % cream (or other anti-yeast medication) mixed in equal amounts with triamcinolone 0.1% ointment (or other class 3 or 4 topical steroid)

REFERRAL GUIDELINES: Please refer patients who fail treatment guidelines above. Please avoid referring patients who are frustrated by need for maintenance therapy, as this is expected.



ALTERNATIVE THERAPIES

Anti-yeast medications	Miconazole 1% cream Nystatin 1% cream Ketoconazole 2% cream (currently not covered by Medicaid)
Potency	
Class 7 (low potency)	Hydrocortisone 1% ointment, cream Hydrocortisone 2.5% ointment, cream
Class 6 (low potency)	Alclometasone dipropionate 0.05% ointment, cream Triamcinolone acetonide 0.025% cream Triamcinolone acetonide 0.1% cream Desonide 0.05% ointment, cream Fluocinolone acetonide 0.01% ointment, cream
Class 5 (medium potency)	Betamethasone valerate 0.1% cream Clocortolone pivalate 0.1% cream Fluocinolone acetonide 0.025% cream, oil Fluticasone propionate 0.05% cream Flurandrenolide 0.05% cream Hydrocortisone butyrate 0.1% ointment, cream Hydrocortisone probutate 0.1% cream Hydrocortisone valerate 0.2% cream Prednicarbate 0.1% ointment, cream Triamcinolone 0.025% ointment
Class 4 (medium potency)	Desoximetasone 0.05% cream Fluocinolone acetonide 0.025 % ointment Flurandrenolide 0.05% ointment Hydrocortisone valerate 0.2% ointment Mometasone furoate 0.1% cream Triamcinolone acetonide 0.1% cream
Class 3 (high potency)	Amcinonide 0.1% cream Betamethasone dipropionate 0.05% cream Betamethasone valerate 0.1% ointment Diflorasone diacetate 0.05% cream Fluticasone propionate 0.005% ointment Triamcinolone acetonide 0.1% ointment Triamcinolone acetonide 0.05% cream

- Modified from Bologna JL, Jorizzo JL, Schaffer JV. Glucocorticosteroids. *Dermatology*. 3rd ed. 2012. Ch 125, p. 2079.