



Sound Dermatology

SEBORRHEIC DERMATITIS

What Is Seborrheic Dermatitis?

Seborrheic dermatitis is a common skin condition that causes redness, flaking, and dandruff. It most often affects areas with more oil glands, such as the scalp, face, and chest.

What Causes Seborrheic Dermatitis?

- Overgrowth of a natural yeast (*Malassezia*) on the skin
 - Increased oil (sebum) production
 - Inflammation of the skin
 - Genetics and individual skin sensitivity
 - Triggers such as stress, illness, cold weather, and certain skincare products
-

Common Symptoms

- Flaking or dandruff of the scalp
 - Red, irritated skin
 - Greasy or yellowish scales
 - Itching or mild discomfort
 - Commonly affects the scalp, eyebrows, sides of the nose, ears, and chest
-

Treatment Options

Topical Treatments

- Antifungal creams or shampoos to reduce yeast
- Topical corticosteroids for short-term inflammation control
- Other anti-inflammatory agents for sensitive areas

Oral Medications

- Oral antifungal medications may be used in more severe or resistant cases
-

How to Manage at Home

- Use medicated shampoos as directed (even on the face if recommended)
 - Allow shampoos to sit on the skin for several minutes before rinsing
 - Wash regularly to reduce oil buildup
 - Use gentle, fragrance-free skincare products
 - Manage triggers such as stress when possible
 - Continue maintenance treatment even after symptoms improve
-

When to Follow Up

- If symptoms are not improving with treatment
 - If the condition is worsening or spreading
 - If itching or irritation becomes severe
 - If frequent flares are occurring
-

Key Points to Remember

- Seborrheic dermatitis is common and not contagious
- It is a chronic condition that may come and go
- Regular maintenance treatment helps prevent flares
- Consistent use of medicated shampoos is key

© 2026 Sound Dermatology, LLC. All rights reserved

www.sound-derm.com | 785-465-5007

Disclaimer: This handout is for educational purposes only and does not replace medical advice.