



**Severe itchy scalp**

- **Advise self-care & co-prescribe 4 weeks of treatment with a potent topical corticosteroid scalp application** such as betamethasone valerate 0.1% (BETACAP™) or hydrocortisone butyrate 0.1%, (Locoid Crelo)
- **Potent topical corticosteroid scalp applications are not suitable for application to the beard**, because of adverse effects such as thinning of the skin on the face.
- **Do not prescribe more than 4 weeks topical steroid treatment.** Topical corticosteroids are not appropriate for continuous long-term use, and their use as maintenance treatment is not recommended.
- Seek specialist advice if symptoms have not resolved after 4 weeks, or sooner if response to treatment is poor.

**Advise patients**

- Shampoos should be use twice weekly for one month
- When symptoms are controlled shampoos may be reduced to once per week or once every two weeks
- Shampoos can also be applied to the beard area
- To seek further medical advise if response to treatment is poor, symptoms worsen despite treatment, signs of infection present (for example crusting, oozing, bleeding) develop.

**Referral**

Consider referral to a dermatologist if there is:

- Failure to respond to routine treatment.
- Severe or widespread seborrhoeic dermatitis.

**Follow up**

Routine follow up is not usually required.

- Advise patients to seek further medical advice if:
- Response to treatment is poor.
- Symptoms worsen despite treatment.
- Signs of infection (for example crusting, oozing, and bleeding) develop.



Shampoo preparations available for seborrhoeic dermatitis.*			
Proprietary name	Active ingredient(s)	Mode of action of ingredients	Legal Status*
Alphosyl 2 in 1 <sup>®</sup>	Alcoholic coal tar extract 5%	Anti-eczematous, antipruritic, antimetabolic	GSL
Anti-Dandruff Ketoconazole 2% w/w Shampoo, Ketopine Dandruff Shampoo, Nizoral Antidandruff Shampoo	Ketoconazole 2%†	Antifungal	GSL
Ceanel Concentrate <sup>®</sup>	Cetrimide 10%, Undecenoic acid 1%, Phenylethyl alcohol 7.5%	Antiseptic, detergent Fungicidal Antiseptic	P
Capasal <sup>®</sup>	Coal tar 1%, Coconut oil 1%, Salicylic acid 0.5%	Anti-eczematous, antipruritic, antimetabolic Emollient, softening agent, and lubricant Keratolytic	P
Dermax <sup>®</sup>	Benzalkonium chloride 0.5%	Antiseptic, anti-dandruff	p
Sebco <sup>®</sup>	Coal tar solution 12%, Salicylic acid 2%, Precipitated sulphur 4%, Coconut oil emollient base	Anti-eczematous, antipruritic, antimetabolic Keratolytic Mild antiseptic Emollient, softening agent, and lubricant	GSL
Selsun <sup>®</sup>	Selenium sulphide 2.5%	Antifungal, antiseborrhoeic	p
T/Gel <sup>®</sup>	Coal tar extract 2%	Anti-eczematous, antipruritic, antimetabolic	GSL
* This list is not exhaustive. † Ketoconazole shampoo is only licensed for use in adolescents (12-17yrs) and adults [ABPI Medicines Compendium, 2017c]. Data from: [BNF online, 2017] ▪ P= Pharmacy medicines, GSL= General Sales List (medicines available from stores without pharmacies)			

#### References

- NICE CKS (2013) 'Seborrhoeic dermatitis' Available at: <https://cks.nice.org.uk/seborrhoeic-dermatitis> Accessed: 25/08/17
- PrescQIPP (2016) 'Shampoos and scalp preparations for psoriasis of the scalp and seborrhoeic dermatitis', Available at: <https://www.prescqipp.info/send/253-shampoos-and-scalp-preparations/2500-bulletin-118-shampoos-and-scalp-preparations> Accessed: 25/08/17