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## Perioral Dermatitis

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Perioral dermatitis is a common skin condition that occurs mainly in young women. It can also sometimes occur in men and children. It typically presents as redness, bumps, pustules, and scaling/flaking around the mouth. Other commonly affected areas include the chin and the folds around the nose. There may be a slight itching or burning sensation associated with the rash.

Perioral dermatitis can last for weeks, months, or even years. It tends to get better and worse on its own, much like acne. Treatment can be effective in improving perioral dermatitis, but it can recur at any time.

### **What causes perioral dermatitis?**

The exact cause of perioral dermatitis is unknown, but it is thought to be related to acne, rosacea, or seborrheic dermatitis. The use of strong steroid creams on the face can lead to a flare-up of perioral dermatitis. Some types of skin care products and dental products may also be partially responsible.

### **How is it treated?**

Treatment is usually with topical or oral antibiotics. Most patients improve by 2 months of treatment, but some patients improve much more quickly. Recurrences can occur after treatment but are uncommon. Your dermatologist may recommend avoiding certain skin care products if they are associated with flare-ups.