

Pityriasis Rosea

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Pityriasis rosea (PR) is a harmless disorder of the skin. We do not know the cause of this condition but usually it goes away by itself in about 6 to 12 weeks without needing any treatment. It does not leave permanent scars, although there may be skin discoloration for a period of time.

Usually no treatment is needed. But if itching is present, soothing lotions (such as Sarna lotion) and plain moisturizers (such as Cetaphil cream) will make you more feel comfortable. If itching is severe, please let me know so I can prescribe medication to help to relieve the itching.

Sometimes treatment with natural sun (5 to 10 minutes a day) will shorten the duration of this disease, but you should be careful to avoid a bad sunburn.