

Tinea Versicolor

Kaiser Permanente,
The Permanente Medical Group
Santa Clara Medical Center
Department of Dermatology, #472
710 Lawrence Expressway
Santa Clara, CA 95051
408-851-4650

1. Tinea versicolor is caused by overgrowth of a harmless yeast (*Pityrosporum orbiculare*) that is a normal inhabitant of our skin. We all carry the yeast spores on our skin, and it just grows in patches in certain people.
2. Over the counter **Selsun Blue shampoo** is an effective treatment. Shampoo your hair then apply the shampoo lather on the involved skin and leave it on for 5 to 10 minutes. Do this daily for 4 weeks.
3. You should also apply over the counter **clotrimazole cream** to affected skin twice a day for 4 weeks.
4. After tinea versicolor has been treated, the discoloration will persist but will resolve with time (weeks to months). The discoloration is NOT an indication of active diseases.
5. To prevent recurrence, use the **Selsun Blue shampoo** to hair and the affected area once a week.
6. There is also an oral antifungal medication (ketoconazole) for people on whom the topical medications do not help.