



KAISER PERMANENTE®

Dandruff

Dandruff is formed when your skin cells naturally flake off the scalp and mix with oil and dust. Although dandruff cannot be cured, it can usually be controlled with home treatment.

To control dandruff, wash your hair every day and scrub well with whatever shampoo you choose. If this doesn't do the trick, try a dandruff shampoo, such as Selsun Blue, Tegrin, or any other dandruff shampoo that works for you. Alternate using this shampoo with your regular shampoo. For example, use the dandruff shampoo three times a week or every other day and your regular shampoo four times a week or every other day. If one dandruff shampoo doesn't work, try another and keep trying until you find one that works for you.

If you have experimented with different dandruff shampoos and have practiced frequent shampooing as described and you still are having problems controlling your dandruff, call your health care professional. He or she may want to see you to make sure that what you have really is dandruff. If your health care professional determines that you really do have a stubborn case of dandruff, he or she may prescribe a stronger dandruff shampoo.



For additional health information you can trust:

- Log on to our members-only Web site at www.kaiserpermanente.org/california, then click the "Kaiser Permanente Members Only" button
- Visit your local Kaiser Permanente Health Education Center
- Check your Kaiser Permanente Healthwise Handbook
- Listen to the Kaiser Permanente Healthphone messages at 1-800-33 ASK ME (1-800-332-7563)

To get your free Handbook and Healthphone Directory, call 1-800-464-4000.

The information presented here is not intended to diagnose health problems or to take the place of professional medical care. If you have persistent health problems or if you have additional questions, please consult with your doctor or other health care professional.

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REGIONAL HEALTH EDUCATION

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