



## Tinea Versicolor Treatment

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, especially over sweat-prone, warm areas like the chest and back.
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 2 weeks.
3. You may 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. Oral antifungal medication called ketoconazole may be prescribed for people who have failed to see improvement with topical medications. People taking this medication should avoid ingestion of alcohol.