



TINEA VERSICOLOR

What is Tinea Versicolor?

Tinea Versicolor is a harmless rash caused by a fungus. The rash appears as small pink, tan, or brown patches scattered over the upper arms, chest and back.

We all have this fungus on our skin in small numbers, but some people are more susceptible to overgrowth of the fungus – especially during warm summer months. Most people get tinea versicolor when they are teenagers or adults. Why some people get it and others do not is not known.

Is it contagious?

This condition can sometimes spread from one person to another, but most people are resistant and do not become infected, even if exposed.

How is it treated?

There are many good treatments for Tinea Versicolor.

- Selenium sulfide shampoos (Selsun Blue, Head & Shoulders Intensive Treatment Shampoo) are the safest and most commonly used therapy. We recommend the following treatment schedule:
 - Apply the shampoo from the neck to the thighs and wrists.
 - Leave it on for 10-20 minutes, then wash off in the shower.
 - Use a Buf-Puf® in the shower to gently scrub the skin.
 - Repeat this once a day for 2 weeks, then once a week for one more month.
- Several prescription oral medications are very effective. Discuss possible side effects or interactions with other medications with your doctor.

Even after treatment, it may take several months until the skin color becomes normal.

Will the rash come back after treatment?

Although many different treatments clear the condition, reappearance of the rash is extremely common especially during the warm seasons. To prevent recurrences, use your selenium sulfide shampoo as directed above once or twice a month.