

KERATOSIS PILARIS

Keratosis pilaris

- Genetic condition so no cure.
- Keratin in the upper part of the hair follicle fills the hair follicle instead of exfoliating out.
- Mild forms are extremely common in children and adolescence, and is normal physiology.

Disclaimer:
Read the disclaimer at medimaps.co.uk/disclaimer

References:
1. Dermatology consultant Spire webinar June 2020
2. pcds.org.uk

Symptoms

- Bumpy rough skin on thighs or arms.
- Atrophy around eye brows and cheeks.
- Erythema in cheeks and neck in asian men.

Images from Primary care dermatology society website pcds.org.uk



Management

- No specific treatment.
- They do not see in 2o care as no treatment.
- Treatment options do not work well.
- Can try urea based creams e.g. Calmurid, Balneum. Buy OTC.
- Can try facial exfoliator creams on arms/legs.
- CeraVe SA cream OTC.
- Mild steroid creams (Eumovate, clobetasone BD) can be used to reduce redness for a few days before a special occasion, but can cause atrophy if used long term.