



Keratosis Pilaris

Keratosis Pilaris is a common disorder that affects many people. It usually occurs as small, scaly, flesh or red-colored bumps on the arms, legs, buttocks, and rarely, the cheeks. Due to similarity in appearance, it can be mistaken for acne..

This disorder is caused by the plugging of small hair follicles. Often, there is an inherited tendency for this problem.

This is a difficult problem to treat. At best, treatment will control and improve the condition. If it clears with treatment, it often tends to recur after you have stopped treatment.

- Dry skin tends to worsen this condition. Bathe with mild soap, such as Dove or Cetaphil Cleanser.
- Use a moisturizing cream for dry areas after bathing. After your bath or shower, shake off excess water from the skin and apply the moisturizing cream to damp skin. This helps to seal in the moisture. Your doctor will recommend a cream that is best suited for you.