



Perioral Dermatitis

Perioral Dermatitis is a common problem that occurs around the mouth with a red, scaly, bumpy rash. It mainly affects women. The exact cause of this problem is unknown. Factors which may cause or make the disease worse, are:

- Cortisone creams used on the skin, particularly the stronger ones (fluorinated cortisone creams).
- Rubbing or irritation of the skin
- Cosmetics and moisturizers
- Fluoride toothpastes
- Hormonal changes
- Unknown factors

Treatment:

- Wash your face with a mild, unscented soap such as Dove Unscented Soap or Cetaphil
- Use non-fluoride toothpaste such as Peak or Sensodyne. When you have not had a rash for one month, you may resume using your fluoride toothpaste.
- **DO NOT USE** cosmetics on the area of your rash. However, you may use them elsewhere on your face.
- Use only unscented moisturizers on your face. Your doctor will recommend one.
- Your doctor will prescribe one of the following antibiotics:
 - **TETRACYCLINE:** Take this medicine on an empty stomach 1 hour before meals. This antibiotic may cause heartburn or itchy, vaginal discharge and make you more likely to sunburn. If you have any of these symptoms, stop taking the medicine and call your dermatologist. Drink plenty of water with this medication and limit your time in the sun. Sunscreen with an SPF of 15 is recommended.
 - **MINOCIN:** Take this medicine as directed by your doctor. You may take this with or without food. Side effects you may have include dizziness, headache, sluggishness, tiredness, or an upset stomach. Very rarely, it may cause vaginal discharge. A very rare side effect is skin or mucous membrane pigmentation. If these occur, stop taking the medicine for several days until the symptoms are gone. Then start taking it again in the prescribed dosage. If these symptoms occur again, stop taking the antibiotic and call your dermatologist.
 - **ERYTHROMYCIN:** Take this medicine as directed by your doctor. Side effects you may have include cramping, diarrhea, or upset stomach (nausea). It is sometimes helpful to take this with meals to help relieve some of the stomach upset.
- **DO NOT USE** anything else on your rash unless discussed with your physician.

It usually takes several weeks for this problem to clear with treatment. It is important to stay on your treatment for the full time as outlined by your doctor. If you stop treatment too early, the dermatitis is more likely to recur. Some persons may have periodic recurrences, even with adequate treatment, so it is important to follow your doctor's instructions.