

PERIORAL DERMATITIS

PATIENT INFORMATION & INSTRUCTIONS

WHO GETS PERIORAL DERMATITIS?

People of all skin tones get perioral dermatitis. This rash is most common in young women, usually between the ages of 20 and 45 years old. Children and adolescents can also get this rash.

WHAT DOES PERIORAL DERMATITIS LOOK LIKE?

This rash looks like small, acne-like breakouts that are red in lighter skin and skin-colored or violet in darker skin. The rash can circle your mouth, eyes, and nose, and can appear on your cheeks or forehead. You can also get this around your genital skin. When perioral dermatitis appears by your mouth it often leaves a thin band of skin around your lips that looks normal. The rash can itch and feel like it's burning. You might have dry and flaky skin where you have the rash, and your skin can peel and look scaly.

When the perioral dermatitis rash heals, you may be left with dark spots called post-inflammatory hyperpigmentation. This is more likely if you have darker skin. If you have lighter skin, you may have redness. These color changes can be bothersome and take months to disappear.

WHAT CAUSES PERIORAL DERMATITIS?

It is often not clear why some people get this rash and what triggers it. For some people, perioral dermatitis is caused by something irritating their skin. Possible causes include:

- Topical products or nasal sprays containing a corticosteroid
- Skin care products, cosmetics or sunscreens
- Toothpastes for tartar control or whitening containing fluoride or cinnamon
- Hormone changes
- Chewing gum

Note any new medicines or products you started around the time your rash appeared. Even after the rash clears, use alternative products or medicines to prevent the rash from returning. Perioral dermatitis is not contagious.

HOW IS PERIORAL DERMATITIS DIAGNOSED?

If you have signs of perioral dermatitis, partner with your dermatologist at Smart Skin Dermatology. Many skin conditions cause redness or other color changes and acne-like breakouts. Without an accurate diagnosis and treatment, your condition may worsen.

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HOW IS PERIORAL DERMATITIS TREATED?

Our dermatologists at Smart Skin Dermatology recommend treating perioral dermatitis. Without treatment, the rash can last for months or even years. For a mild case or if you are pregnant, your dermatologist may recommend a product you apply to your face along with a gentle moisturizer. If this does not work, your dermatologist may prescribe an antibiotic you take by mouth.

Most people see improvement after taking the antibiotic for several weeks or months. If you stop taking the antibiotic too early, the rash can return. You may need to stop using certain skincare products, cosmetics, and toothpastes. Wash your face after brushing your teeth. You should also stop using products that contain corticosteroids. Stopping using corticosteroids too quickly can cause your rash to get worse. Your dermatologist can help you develop a plan to stop using corticosteroids and prevent perioral dermatitis from coming back. Your dermatologist can help fade dark spots you may have after perioral dermatitis heals.

HOW CAN I PREVENT A FLARE-UP IN THE FUTURE?

If you have had perioral dermatitis, our dermatologists at Smart Skin Dermatology recommend following these tips to help prevent a flare-up:

- Don't use corticosteroid creams on your face for more than a couple of days without your dermatologist's recommendation.
- Ask your dermatologist to recommend moisturizers, cosmetics, toothpastes, and sunscreens. Use mild, fragrance-free products and be gentle with your skin.
- If your skin does flare up, don't try and treat the rash by yourself. Some of the products you can buy without a prescription contain a corticosteroid.

OTHER RESOURCES

We work hard to publish only best patient education and comprehensive resources. We want to be your trusted source of all skin information. You will find additional educational information by scanning the following QR codes.

*More Info on
This Subject*



*Our Monthly
Newsletter*



*Patient
Resources*



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