

Perioral Dermatitis

Perioral dermatitis is a common facial skin problem most commonly seen in adult woman. It rarely occurs in men. Groups of itchy or tender small red spots appear most often around the mouth. Often the skin around the nose is affected too and sometimes around the eyes.

What causes perioral dermatitis?

The cause of this problem is not completely understood. There are many theories of why this condition exists.

- ❑ Many feel it is a form of rosacea
- ❑ Corticosteroid creams applied to the face can also cause perioral dermatitis. Once perioral dermatitis develops the corticosteroid cream seems to help, but actually it is worsening the condition. When the corticosteroid cream is stopped the condition comes back even worse.
- ❑ Dental products and cosmetics with fluoride may also be responsible
- ❑ Hormones, sunlight and stress may aggravate the condition

How is the condition treated?

Luckily, perioral dermatitis responds well to treatment

- ❑ Oral antibiotics (such as tetracycline, minocycline) are the most common effective treatment. Treatment may be needed for 6-12 weeks to prevent recurrence.
- ❑ For milder cases, topical antibiotic creams may be used
- ❑ Occasionally a mild corticosteroid cream or anti-inflammatory cream may be recommended to help your appearance while the antibiotics are working
- ❑ A gentle cleanser, such as Cetaphil Liquid Cleanser is often recommended.
- ❑ Avoidance of strong fluorinated corticosteroid creams on the face and avoidance of fluorinated and tartar control toothpaste is also recommended
- ❑ Perioral dermatitis may recur when the antibiotics are discontinued, or at a later date. The same treatment can be taken again