

You and your scalp

**Helpful hints and advice on treating
Dry Scaly Scalp Conditions**

Common dry, scaly scalp conditions

Dandruff

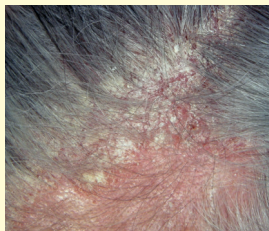
Dandruff (sometimes referred to as pityriasis capitis) occurs in many people at some stage during their lifetime. It is characterised by the shedding of dry skin flakes from an otherwise apparently normal scalp.



Eczema on the scalp

Also known as seborrhoeic eczema or seborrhoeic dermatitis. This can often be recognised by a pink and itchy scalp in addition to the presence of scales or flakes of skin.

Cradle cap in babies is a similar condition, but here thick, greasy scales can remain attached to the scalp.



Psoriasis on the scalp

Also commonly known as scalp psoriasis. This appears as red patches of skin covered with silvery scales. It is often thick with dense scale, particularly at the hairline.



What causes a dry, scaly scalp?

These different forms of dry, scaly scalp conditions can be recognised from signs such as flakes of skin in the hair, a pink and itchy scalp or dense scale on the head. They may be given a diagnosis e.g. dandruff, eczema or psoriasis; however, the actual cause of these symptoms is often unclear. It may be the result of an alteration in the normal functioning of the skin which, while usually not serious, can give rise to some of these unpleasant symptoms.

How to deal with a dry, scaly scalp

The use of a therapeutic shampoo is an effective way of treating a dry, scaly scalp. Shampoos containing distilled tar, selenium sulphide or ketoconazole may all be useful and can be bought from pharmacies. Certain scalp conditions are considered to be caused by a minor fungal infection and may be treated accordingly. Alternatively, some may benefit from a scalp steroid treatment, or a special scalp ointment or cream. Many of these treatments are prescribed by healthcare professionals and shampoos, such as Capasal Therapeutic Shampoo, may also be purchased from the dispensary section in your local pharmacy.

Capasal Therapeutic Shampoo

What is Capasal Therapeutic Shampoo?

Capasal Therapeutic Shampoo is a specially developed combination of three active ingredients which have been shown over many years of widespread use to be effective in the treatment of most forms of dry, scaly scalp. These established active ingredients are:

Salicylic acid to loosen and remove unsightly skin flakes and scales from the scalp.

Coconut oil to moisturise and soften the scalp, preventing an uncomfortable dry or 'tight' feeling, and to help leave the hair in good condition.

Distilled coal tar to help restore the normal functioning of the skin and relieve itching.



Capasal is a cosmetically acceptable, easy to use therapeutic shampoo. It is also particularly convenient for removing any previous ointment or cream scalp applications.

As it is a medicinal shampoo, Capasal has a distinctive (but not unpleasant) aroma, which is evident during use but which diminishes when the hair is dried.

Capasal does not contain any steroids.

How to use Capasal for best results

The following is not the complete patient information, but for general guidance only. Always read the label before applying Capasal.

Adults, children and the elderly

- Wet the hair thoroughly.
- Apply a small amount of shampoo to the scalp (approximately a quantity the size of a fifty pence piece for short hair, adjusting up depending on length/thickness of hair).
- With the tips of the fingers, massage in thoroughly.
- Leave on for a few minutes.
- Remove as much lather as possible with the hands (this is important as it will take the scales with it).
- Rinse out well under running water.
- If necessary, repeat the steps above.

Use as a shampoo, daily if necessary, reducing the frequency of use to once or twice a week as the condition improves. Thereafter, occasional use may be necessary.

The frequency of use can vary according to your particular form of dry, scaly scalp. The table below gives a guideline for usage, if in doubt ask your doctor or pharmacist.

	Week one	Week two	Week three onwards
Dandruff	Every day	Twice a week	Once a week
Seborrhoeic dermatitis or eczema	Every day	Every other day	Twice a week
Scalp psoriasis	Every day	Every other day	Twice a week

Discontinue use if any irritation occurs.

You should continue to use Capasal Therapeutic Shampoo until the scalp looks and feels normal. It may then be a good idea to use Capasal once a week to help maintain this improvement.

Infants

Capasal may also be used for cradle cap. A small amount should be used, sufficient to produce a lather, which should then be washed off immediately with warm water, and the scalp gently patted dry with a towel. Capasal can be used daily, until the condition clears, but should be discontinued if any irritation occurs. Remember to rinse using a back washing technique with the baby's head supported by a hand and tilted backwards to avoid getting shampoo into the baby's eyes.

Adverse events should be reported. Reporting forms and information can be found at yellowcard.mhra.gov.uk. Adverse events should also be reported to Dermal.

Always read the label



Helpful hints

- Capasal Therapeutic Shampoo is an amber coloured foaming shampoo in a polythene bottle containing 250ml. It is available **either** on NHS prescription, or on request from your pharmacist.
- It should not be necessary to wash your hair between treatments with Capasal Therapeutic Shampoo but, if you wish to do so, use a mild shampoo.
- Take care to keep undiluted Capasal away from the eyes.
- The use of hair styling products, hair dyes and colourings should preferably be avoided (or kept to a minimum) during treatment with Capasal.

If you suffer from eczema or psoriasis the details of the following self-help groups may be of interest:

National Eczema Society

11 Murray Street, London NW1 9RE, UK

www.eczema.org

Email: helpline@eczema.org

Helpline: **0800 089 1122**

(10am–4pm Mon-Fri, not including Bank Holidays)

The Psoriasis Association

Dick Coles House

2 Queensbridge

Northampton

NN4 7BF, UK

www.psoriasis-association.org.uk

Email: mail@psoriasis-association.org.uk

Telephone: **01604 251 620**

WhatsApp: **07387 716 439**

For patient resources on eczema, psoriasis or scaly scalp conditions please visit **www.dermal.co.uk**

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