

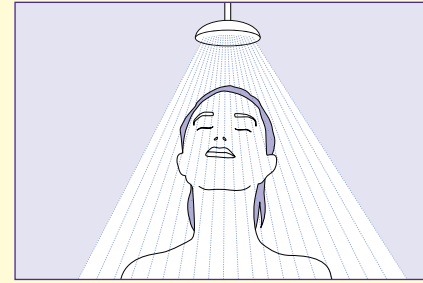
# Patient Guide to a good hair-washing technique

## How to get the best results from your therapeutic shampoo

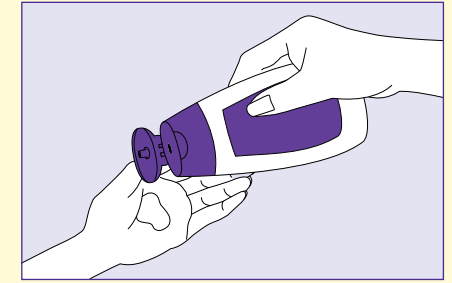
Use as a shampoo, daily if necessary, reducing the frequency of use to once or twice a week as the condition improves. Thereafter, occasional use may be necessary.

To get the best results from your therapeutic shampoo follow these guidelines:

1. Wet hair thoroughly with warm water.
2. Apply a sufficient quantity of the shampoo to the scalp to produce a rich lather (approximately a quantity the size of a fifty pence piece for short hair, adjusting up depending on length/thickness of hair).
3. Massage thoroughly with the fingertips to **lift** scale from the scalp.
4. Remove excess lather from hair with hands to **clear** the loosened scale.
  - Removing as much lather as possible is important as the lather holds the dirt and dead scale. If you rinse without removing the foam, the dead scale falls back onto the scalp and white debris will be visible once the hair is dry.
5. Rinse thoroughly, preferably under warm running water.
6. Repeat the shampoo process, if required.



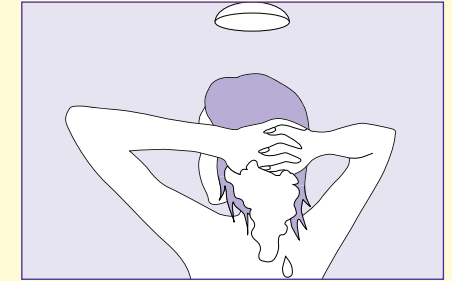
1. Wet the hair and scalp with water.



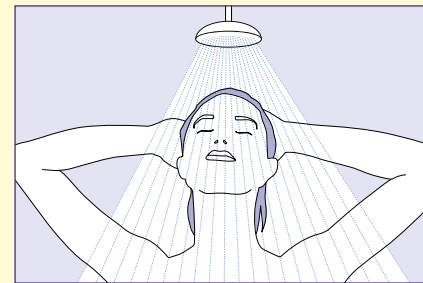
2. Apply shampoo.



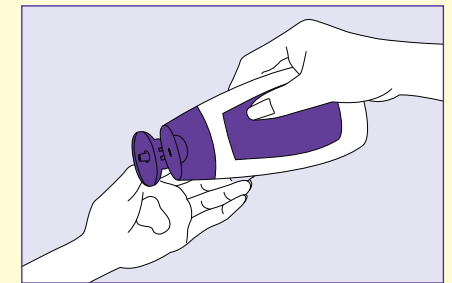
3. Massage thoroughly with the fingertips to **lift** scale from the scalp.



4. Remove the excess lather from the hair with your hands to **clear** the loosened scale.



5. Rinse thoroughly, preferably under warm running water.



6. Repeat the shampoo process, steps 2 to 5, if required.

## Common, dry, scaly scalp conditions

The skin is a complex organ made up of several layers of different types of cells which are continuously being renewed. The renewal process normally takes 3 to 4 weeks, but in some scaly scalp conditions it can be as little as 3 days.

### Dandruff

When the renewal cycle operates too quickly, cells on the outer layers do not separate properly but remain together and are then shed as visible flakes. Dandruff is a scalp problem which is not related to hair type and is characterised by the shedding of dry skin flakes from an otherwise apparently normal scalp. Dandruff is a common scalp condition and affects up to 50% of the adult population at some time in their life.

### Seborrhoeic eczema and cradle cap

Eczema on the scalp can result in a dry, scaly scalp. It commonly occurs as seborrhoeic eczema/dermatitis, a condition which is distinguished by pink and itchy areas of the scalp in addition to the presence of scales or flakes of skin. Cradle cap, which occurs in babies, is similar but here thick, greasy, yellowish scales remain attached to the scalp.

### Scalp psoriasis

Psoriasis is also common, affecting 2-3% of the population and can involve the scalp. Unlike other scaly scalp conditions, psoriasis is rarely itchy. It appears as red patches of skin covered with silvery scales, and is often thick with dense scale, particularly at the hairline.

## The appearance of dry and scaly scalp

These different forms of dry scaly scalp conditions can be recognised from diagnostic signs such as flakes of skin in the hair, pink and itchy areas of the scalp or dense scaling on the scalp. However, the causes of dandruff, eczema, and psoriasis are still not fully understood.

There may be an alteration in the normal functioning of the skin which, while usually not serious, can give rise to some of these unpleasant symptoms.

*Malassezia furfur* (also known as *Pityrosporum ovale* or *P. ovale*) is a type of yeast, which is naturally present on the scalp. In dandruff and seborrhoeic scalp conditions, the yeast can significantly increase in number, which can make the condition worse. Your doctor, nurse or pharmacist might recommend a shampoo active against this microorganism.



## Self help tips for dealing with a dry scaly scalp

Use a therapeutic shampoo as advised by your doctor, nurse or pharmacist.

- Massage your scalp when shampooing and try not to scratch it
- Avoid using (or keep to a minimum) cosmetic preparations such as hair mousse, tints or colourings
- Don't hesitate to ask your Healthcare Professional for advice

## Useful contacts

If you suffer from seborrhoeic eczema or scalp psoriasis, the contact details of the following self help groups may be of interest.

### National Eczema Society

11 Murray Street, London NW1 9RE, UK

[www.eczema.org](http://www.eczema.org)

Email: [helpline@eczema.org](mailto: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](http://www.psoriasis-association.org.uk)

Email: [mail@psoriasis-association.org.uk](mailto:mail@psoriasis-association.org.uk)

Telephone: 01604 251 620

WhatsApp: 07387 716 439