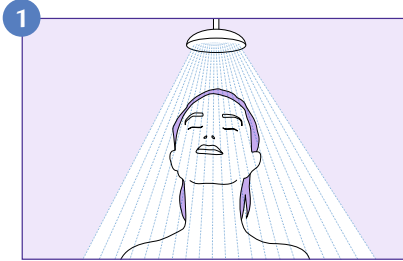


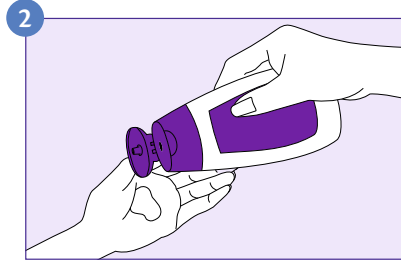
# Patient guide to a good hair-washing technique

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

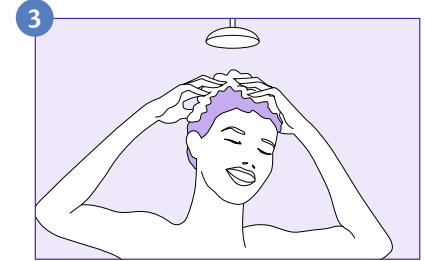
Use as a shampoo, daily if necessary, reducing the frequency of use to once or twice a week as the condition improves. Thereafter, occasional use may be necessary. To get the best results from your therapeutic shampoo follow these guidelines:



1 Wet hair thoroughly with warm water.



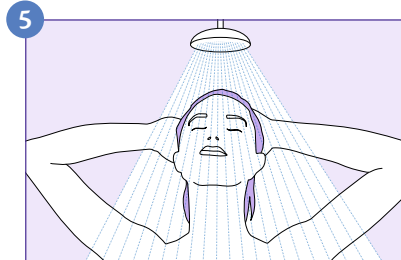
2 Apply enough shampoo to the scalp to produce a rich lather (approximately the size of a 50p coin for short hair, adjusting up depending on length/thickness of hair).



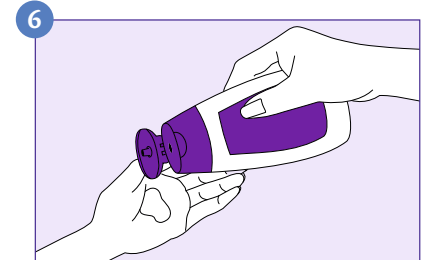
3 Massage thoroughly with the fingertips to **lift** scale from the scalp.



4 Remove excess lather from hair with hands to **clear** the loosened scale. The lather holds dirt and scale, so needs to be removed before rinsing. This stops scale falling back onto the scalp, which would be visible as white debris once hair dries.



5 Rinse thoroughly, preferably under warm running water.



6 Repeat the shampoo process, if required.

# Common, dry, scaly scalp conditions

The skin is made up of several layers of different types of cells which are continuously 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, from an otherwise 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, characterised by pink and itchy areas of the scalp and 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, is often thick with dense scale, particularly at the hairline and usually has well defined edges.

## Recognising and treating these scalp conditions

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.

Malassezia are types of yeast, which are naturally present on the scalp and can make seborrhoeic scalp conditions worse. Your doctor, nurse or pharmacist might recommend a shampoo active against this micro-organism.

## 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 products, tints or colourings
- Don't hesitate to ask your Healthcare Professional for advice

If you suffer from seborrhoeic eczema or scalp psoriasis, the following resources may be of interest:

### National Eczema Society

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

Email: [info@eczema.org](mailto:info@eczema.org)

### The Psoriasis Association

[www.psoriasis-association.org.uk](http://www.psoriasis-association.org.uk)

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