



## *Keratosis Pilaris*

Keratosis pilaris is a rash that is usually found on the outer areas of the upper arms, as well as on the tops of the thighs and the cheeks. It is characterized by skin-colored to slightly red, rough, distinct bumps. Keratosis pilaris is occasionally itchy, but otherwise it is only significant cosmetically. It is caused by a plug of dead skin cells that form around a hair follicle. These plugs give the skin a sandpapery or bumpy feeling. Keratosis pilaris is usually worse during the winter months and is most commonly seen in children and young adults. Often the surrounding skin is dry. It can occur in multiple family members.

Keratosis pilaris is a benign condition and treatment is usually only necessary for cosmetic reasons. Moisturizers may help with the dryness, but do not tend to clear the bumps. Mild peeling agents are most effective in opening the plugged hair follicles by removing the excess skin. Each affected person may respond differently to therapies, but urea preparations (such as Carmol), lactic acid creams (such as Lachydrin or Amlactin), and retinoids are the most commonly used therapies. Effective therapy must be continued on a regular basis or the keratosis pilaris recurs.

### ***For Questions or Emergency Care:***

Call the office at **601-815-3374**. You may need to speak with the doctor on-call.