

PERIORAL DERMATITIS

Perioral dermatitis is a common skin condition primarily affecting young women. The perioral refers to the fact that the skin problem occurs around the mouth. The dermatitis refers to the fact that the bumps on the skin are red and pimple like.

Perioral dermatitis tends to produce skin lesions around the mouth, but it can occur on other areas of the face including the cheeks and around the eyes. In many ways the lesions resemble acne type pimples. The exact cause of perioral dermatitis is unknown. The current theory is that it is related to the over use of various cleansers and cosmetic products.

Although the exact cause of perioral dermatitis is not known effective treatment is available. The best treatment are antibiotics which are normally used one or two times a day. Although this condition is not an infection, antibiotics help a lot as they do in many other skin conditions.

Many patients require therapy for this condition for a short period of time and it goes away. In other cases the condition tends to last longer and will require many weeks or many months of treatment. In most cases the daily doses of antibiotics can be lowered or stopped completely.

In general it is a good idea to keep the cosmetic routine and daily face care as simple as possible. Using a mild soap, a moisturizer if necessary, and make-up is normally all that is needed. Any extra steps including the use of astringents, masks, mud packs, or special cleansers are not needed.

In most cases perioral dermatitis can be controlled quite well, but it is a problem that may come and go to some degree. If you have any other questions about this condition, please do not hesitate to ask.