



### **Keratosis Pilaris**

Keratosis pilaris is a rash that is usually found on the outer areas of the upper arms, upper thighs, buttocks & cheeks. It consists of small bumps that are flesh-colored to red. The bumps give the skin of affected areas a “goose-flesh” or sandpaper-like feeling. It can be mildly itchy, but usually there are no symptoms. Keratosis pilaris is caused by a plug of dead skin cells that forms around a hair follicle. The condition generally worsens in the winter when the weather is dry. Children & teenagers who have keratosis pilaris often also have dry skin or eczema. The rash is often seen in multiple family members because it can be hereditary. Keratosis pilaris is a benign condition & should not cause concern. Treatment can be prescribed if the cosmetic appearance is bothersome, although after stopping treatment, the rash tends to recur. Moisturizers and emollients can help with the dry skin but will probably not clear the bumps. Mild “peeling” agents can be used to help open the plugged follicle and improve the appearance of the rash. The most commonly used peeling agents are urea preparations (e.g. Carmol), lactic acid creams (e.g. LacHydrin), glycolic acid creams & Retin A. Not everyone will respond to therapy the same way & the bumps may persist despite therapy. Use of a loofah sponge or “Buff-Puff” when bathing may sometimes be helpful. Some patients have redness associated with the bumps, which may improve with mild cortisone preparations or newer non-steroidal anti-inflammatory creams. Keratosis pilaris may continue into adulthood but tends to subside with increasing age.