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## KERATOSIS PILARIS TREATMENT

Treat all affected areas TWICE DAILY as follows: this regimen must be followed consistently in order to achieve improvement in the condition. The condition will probably not clear completely. If good improvement is noted the regimen should be continued or skin will gradually revert to prior state. If you are pleased with your progress you can try to decrease regimen to once daily and gradually to less frequently but resume if there is unwanted recurrence.

1. Wash gently with warm water and mild cleanser, this can be in the shower or bath. (ex. of recommended fragrance-free cleansers: Dove Sensitive Skin, Cetaphil Gentle Skin Cleanser, & Oil of Olay Gentle Foaming Face Wash). Use as little of the cleanser/soap as possible.
2. Apply Lac-Hydrin Cream (Ammonium Lactate Cream, or a Urea – Containing Cream – Eucerin – Advanced Repair Cream)
3. Massage each area (if face, each cheek is one area; if arm, each arm is one area; etc.) for one minute with a "Buff Puff" or other mildly abrasive sponge. Either discard abrasive sponge or buff puff weekly or wash in dishwasher.
4. Apply Prescription medication followed by moisturizer. The more frequently the moisturizer is applied the more improvement and less chance for recurrence.

Additional suggestions for sensitive skin care:

1. Use a "hypoallergenic" detergent such as Dreft Pure Gentleness, Cheer Free & Gentle, or Tide Free & Gentle to wash clothing and linens. These products are free of dyes & perfumes.
2. Avoid fabric softener dryer sheets like bounce. These can leave a residue on clothing and linens that can be very irritating to the skin (even the ones marked as gentle or hypoallergenic). If you must use a fabric softener, use a liquid one for sensitive skin in the washer.
3. Double rinse all clothing and linens.
4. Showers/baths should be 5 minutes or less and not too hot water.
5. Moisturize skin as needed throughout the day. (ex. of good moisturizers: Vanicream, Cetaphil, & Eucerin.) The creams are thicker and more moisturizing than the lotion formulations. You can use Aquaphor ointment or Vaseline if you do not find it too greasy.

For additional information about Keratosis Pilaris or other skin conditions please visit our website @ <https://www.bruceRobinsonmd.com>.