



Perioral Dermatitis

What is Perioral dermatitis? Perioral dermatitis is a common facial skin problem most commonly seen in adult woman. Groups of itchy or tender small red bumps appear most often around the mouth. Often the skin around the nose is affected too and sometimes around the eyes.

What causes Perioral dermatitis? The cause of this problem is not completely understood. There are many theories of why this condition exists.

- Many feel it is a form of rosacea
- Corticosteroid creams applied to the face can also cause perioral dermatitis. Once perioral dermatitis develops the corticosteroid cream seems to help, but actually it is worsening the condition. When the corticosteroid cream is stopped the condition comes back even worse.
- Dental products and cosmetics with fluoride may also be responsible
- Flavorings in toothpaste, dental floss and chewing gum may contribute
- Hormones, sunlight and stress may aggravate the condition

How is Perioral dermatitis treated? Perioral dermatitis responds well to treatment, but patience with the skin is needed.

Topical antibiotic creams are commonly used. Your doctor may also prescribe oral antibiotics for several weeks to get the condition under control and then recommend continuation of the topical antibiotic to prevent recurrences.

Gentle, mild skin care is often advocated with gentle cleansers. Avoidance of strong fluorinated corticosteroid creams on the face and fluorinated/tartar control toothpaste is recommended. Sun protection may also help.

Perioral dermatitis may recur when the antibiotics are discontinued, or at a later date. The same treatment can be taken again if needed.