

# CARING FOR SCALP PSORIASIS

With the help of dermatology specialist nurse, Julie Van Onselen, we have put together some tips for helping you to manage and treat your scalp psoriasis.

## Tips for treating scalp psoriasis

**1** There are many treatments available to help manage mild scalp psoriasis, many of which can be bought over the counter. Speak to a pharmacist for advice, as they can recommend medicated shampoos.

When you use coal tar shampoos, massage the shampoo into your scalp for 5 minutes, before washing out.

**3** If your scalp psoriasis is more severe, red, sore and scaly, you may need prescribed treatments from your GP or nurse. These treatments may include descaling ointments, topical steroids and vitamin D/topical steroid combination treatments.

**4** Talk to your doctor about the impact your scalp psoriasis is having on your wellbeing. Keep a diary of how many times you flare over six months, and how bad the flare is to share with your doctor.

Always wash and dry your hands thoroughly before applying any treatments.

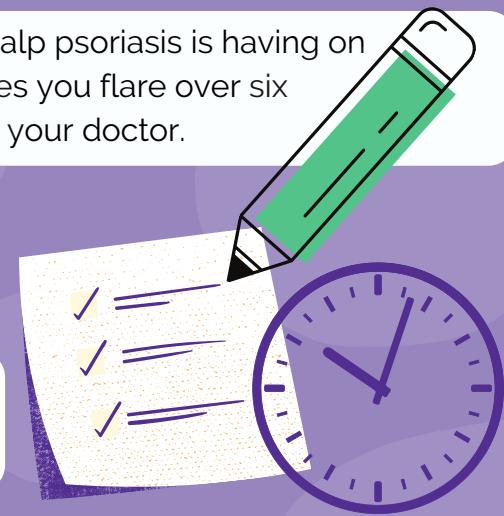
**6** Avoid mess and use some old pillow cases or wear a hair wrap when keeping treatments on overnight.

Apply treatments to the scalp section by section, by combing and parting your hair and gently massage them into the affected areas. If you can, ask someone at home to help you to apply the treatment.

**8** If your psoriasis has thick scale on top, try to remove some of this build up before applying treatments. One way is to apply a coal tar/salicylic acid/coconut oil mix (e.g. Cociois or Sebco) and leave under a shower cap, ideally overnight, and then wash out with a medicated shampoo.

**9** Wash any ointments out with a medicated shampoo (generally tar based, anti-scale shampoos).

**10** Be careful not to let treatment run off the scalp onto the forehead or neck and wash your hands thoroughly afterwards.



# TIPS FOR MANAGING SCALP PSORIASIS

1 Do not pick your psoriasis, try using a natural oil, such as coconut, to help soften your psoriasis, before gently lifting the plaques away.

2 Brush and comb your hair gently and regularly. It may help to gently remove flakes from your hair using a nit comb, just ensure you do not brush too close to the scalp in case you damage the skin.

3 Use a moisturising conditioner when washing your hair. If your scalp is dry, use moisturising lotion/coconut oil overnight and shampoo out the next day.

4 Some people with scalp psoriasis may experience hair loss due to the build-up of scale on the scalp. This is normally temporary and the hair usually returns following effective treatment

5 Try to limit the use of hot hair styling.

6 Wearing light colours on the top half of your body can help to disguise fallen flakes.



## GOING TO THE HAIRDRESSERS?

1 If you are concerned about your hairdresser seeing your psoriasis, phone them first to explain your situation so you can stop worrying.



2

If you are having a treatment at the hairdresser, make sure you let the person doing your hair know about your psoriasis so the treatment is kept gentle.



3 Take your preferred shampoos or conditioners with you.

4

Always do a patch test if you are planning on dying your hair.

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