Hair Care Tips for

by NEWLIFEOUTLOOK TEAM

Hair Care Tips for People With Psoriasis

Psoriasis is a condition where there is proliferation of skin cells, which leads to a dry, flaky shedding of skin. The skin can be scaly and itchy, as well. To care for your hair and scalp, you should know how things progress with psoriasis of the scalp and what can be done to manage the symptoms. Scalp psoriasis can be quite uncomfortable and unsightly.

There are reddish raised patches with scalp psoriasis, which, over time, become scaly and flake into the hair and on the clothes. This can be mild, where there are only a few patches of psoriasis scalp seen, or it can be severe, spreading everywhere on the scalp and onto the forehead. Psoriasis is not contagious, but there is no cure. Continuous management of symptoms is the best course of action to take.

While the cause of psoriasis is unknown, dermatology experts believe that it is due to problems with the immune system, and the unchecked proliferation of cells occurs leading to patchy build-up. If psoriasis is seen in your family, you could have more chance of developing it, as there appears to be a genetic link.

Use of Medicated Scalp Psoriasis Products

The first process in caring for psoriasis scalp is to shampoo with a medicated product prescribed by your dermatologist. There are additional creams, gels and ointments that may be prescribed to ease the condition. Most of these products are also bought over the counter, but consultation with a physician will provide clarity on the extent of the condition and how to best tackle scalp psoriasis.

Stronger steroid topical applications are prescribed in case the psoriasis is more severe, which requires a prescription. Coal tar and salicylic acid-based over-the-counter products are FDA-approved for this condition. Additional medications may have ingredients that have anti-microbial properties, such as anthralin, betamethasone, calcipotriene and tazarotene, among others.

To contain the condition effectively, the medication needs to be applied at the exact site on psoriasis scalp locations. Rather than applying on the hair, the medicine should be placed directly on the scalp lesions, and this method will need to be followed in correct dosages for eight weeks to effectively tackle the condition. Once the initial scaly, patchiness has been dealt with, you can prevent further occurrences in most cases by shampooing with a prescribed medicated product twice weekly or daily.

Tips for Managing Psoriasis of the Scalp

- Before changing psoriasis scalp medications or trying a new hair care product, be sure to have a word with your dermatologist to avoid triggering a repeat episode.
- When taking a shower, using cool water is recommended, as temperature settings can have an impact on psoriasis of the scalp. This will also be more effective in getting the shampoo and conditioner completely

out of your hair.
- Naturally drying the hair with a towel is best, but if you must use a hair dryer, then consider using it only in the cool setting.
- Brushes, combs and styling tools need to be cleaned regularly to prevent a build-up of the patchy scaly deposit on your hair care items. When you don’t clean regularly, you will end up putting the flaky dandruff back into your hair.
- Dying hair with scalp psoriasis is not recommended. The reason for this is that dyes often contain harsh chemicals, which can have adverse effects on the sensitive scalp.
- For people with psoriasis, hiding the problem becomes important. Therefore, use light hair colors and highlights rather than darker colors which will show the flakes clearly.

As you figure out what products irritate the scalp and which ones cause your scalp psoriasis to worsen, you can get an idea of what to avoid and what to use. Dealing with hair care in psoriasis is largely trial and error. Therefore, once you get to know how to go about this, managing the condition becomes routine and simple.