

Perioral Dermatitis

What is Perioral Dermatitis?

Perioral Dermatitis (POD) is a common condition usually occurring in young women presenting with small red or pink papules around the mouth, nose, or eyes.

What Causes Perioral Dermatitis?

The most common cause of POD is the use of topical steroid creams, and occlusive, greasy moisturizers. Some researchers believe that aggressive washing of the face may also contribute to the condition.

How is Perioral Dermatitis Treated?

Stopping the use of steroid creams and heavy moisturizers may reduce or resolve the lesions. Use a water based, oil free moisturizer and wash your face gently not more than two times per day. Your dermatologist may also recommend topical or oral antibiotics to treat the condition. It may take up to two months to see a significant improvement.

If you have any further questions please call the Dermatology Clinic of Idaho at (208) 939-4599 or (208) 376-4776