

## KERATOSIS PILARIS

### WHAT IS KERATOSIS PILARIS?

Keratosis pilaris is a common benign skin condition appearing as small, rough bumps on the upper arms, fronts of thighs, buttocks, or cheeks. Although it is more commonly found in females and young children, keratosis pilaris can affect people of any age, race, or gender. Keratosis pilaris occurs when a hair follicle becomes plugged with keratin, which is a protein found in skin, hair, and nails.

### HOW DO YOU TREAT KERATOSIS PILARIS?

There is no cure for keratosis pilaris, though its appearance can be improved. It is considered a long-lasting (chronic) skin condition and treatments are aimed at controlling the rough bumps, not curing them.

It is helpful to keep the skin hydrated with mild fragrance-free cleansers and daily applications of moisturizing cream. Preparations containing alpha-hydroxy acids such as glycolic acid or lactic acid can help soften the skin. For keratosis pilaris that is itchy or inflamed, an over the counter hydrocortisone can be helpful.

Do not try to scrub the bumps away with a pumice stone, beaded scrubs, or other abrasive exfoliant as they may irritate the skin and worsen the condition.