

Patient Information for Perioral dermatitis

Overview

Perioral dermatitis is an acne-like condition of unknown cause. Some possible causes are the use of topical corticosteroid creams, cosmetic products, oral contraceptives, fluoride and anti-tartar ingredients in dental products, and it tends to occur in those prone to eczema.

Who's At Risk

It is usually seen in women ages 16-45, but men can be affected as well. Children may also be affected (ages 7 months to 13 years). It is more common in developed countries.

Signs & Symptoms

Small red bumps or tiny pus-filled lesions (pustules) appear around the mouth, often with a clear area between the lip and the rash. The bumps may also occur near the eyes and nose. There may also be dry or flaky skin in these areas.

Self-Care Guidelines

- Stop all face creams, lotions, cosmetics, and sunscreens being used.
- Stop any dental products with fluoride and anti-tartar ingredients until the rash has resolved, and then try a different dental product.
- Wash with warm water alone until the rash improves, and then use a soap substitute to clean your face.

When to Seek Medical Care

If the self-care measures are not helping after 4-6 weeks, seek medical advice.

Treatments Your Physician May Prescribe

Taking oral or topical antibiotics for a few weeks may provide effective treatment. Azelaic acid is a topical product that may be prescribed. Sometimes the condition recurs after treatment is stopped, but the same therapy may be repeated as needed.