



Tinea Versicolor

What is Tinea versicolor (TV)? Tinea versicolor is a common skin rash caused by an overgrowth of a yeast on the skin surface.

This overgrowth results in uneven skin color and scaling that can be unsightly and sometimes itchy. It is harmless and **not** contagious.

The yeast is normally present in small numbers on everyone's skin, so anyone can develop an overgrowth of yeast.

The rash has small, scaly white-to-pink or tan-to-dark spots which can be scattered over the neck, upper arms, chest and back. The spots rarely appear on the face. The yeast prevents the skin from tanning normally, leading to occasional white or light patches of the skin. Occasionally the rash is itchy.

How is Tinea versicolor treated? Tinea versicolor is treated with topical or oral medications. Topical treatment includes special soaps, shampoos, creams, or lotions applied directly to the skin.

Oral medications can also treat tinea versicolor. Because of possible side effects, or interactions with other medications, the use of oral medicines should be supervised by your doctor. Even after treatment the uneven color of the skin may remain for several months. It can take several months for your skin to regain its color even when you are successfully treated.

Treatment Options:

- **Topical Shampoos/lotions (Selenium sulfide 2.5%, Selsun Blue Shampoo, DHS Zinc, Head and Shoulders, Nizoral shampoo, ZNP Bar soap)**. Apply the topical shampoo from the neck to the waist, including the arms and other involved areas. Leave it on for 10 minutes before showering. Repeat this for 7 consecutive days, then once per week for next four weeks. Weekly use of these shampoos may also prevent recurrence.
- **Antifungal creams (over the counter miconazole cream, clotrimazole cream)**. Apply 2 times a day for 14-21 days to the affected areas.
- **Systemic Treatment (prescription oral ketoconazole, oral itraconazole)**. Take as directed by your provider.

Does it come back? Tinea versicolor commonly recurs. Using a special soap, such as ZNP Bar, or shampooing with a medicated shampoo may decrease recurrent episodes.

It's important to remember that the yeast is easy to kill, but it can take weeks or months for the skin to regain its normal color.