

# Idaho Falls Pediatrics

## Dandruff

### What is dandruff?

Dandruff is normal shedding of skin. On most of the body surface, the flakes of dead skin fall to the ground without notice, but they can accumulate in the hair. This is a normal process that occurs throughout life on the entire body. It is not contagious.

### How can I take care of my child?

- **Daily shampooing**

The key to fighting dandruff is removing the flakes as fast as they form by washing the hair daily. A regular shampoo usually works very well. Brush your child's hair before each washing. Eventually, you may be able to wash your child's hair every other day without seeing dandruff, but you probably won't ever be able to wash it less often than that.

- **Antidandruff shampoos**

If the scalp is red and irritated or the scales are quite greasy, use a medicated shampoo (one containing selenium sulfide). These medicated shampoos not only remove the dandruff but also cut down on the rate of shedding. Lather the hair, wait 3 minutes, then rinse thoroughly. Do this 3 days in a row and then once a week. Use a regular nonmedicated shampoo on other days.

### When should I call Idaho Falls Pediatrics?

Call during office hours if:

- The dandruff is not improved after 2 weeks.
- You have other questions or concerns.

\*NOTE: This information is provided as a public educational service. The information does not replace any of the instructions your physician gives you. If you have a medical emergency please call 911 or call the Hospital at (208) 529-6111. If you have questions about your child's care, please call Idaho Falls Pediatrics at (208) 522-4600.