



Seborrheic Dermatitis & Hand Eczema



Changi
General Hospital

SingHealth

What is seborrheic dermatitis?

- ➔ “Seborrheic” means “free flowing oil” and refers to sebum, the secretion of the sebaceous (oil) glands in the skin.
- ➔ In seborrheic dermatitis, the skin is red, with greasy scales due to overly oily skin.
- ➔ It is common and affects teenagers and adults.
- ➔ The most annoying thing about seborrheic dermatitis is that it comes and goes.

How does seborrheic dermatitis look like?

- ➔ It may range from dandruff in which there are itchy, white scales on the scalp.
- ➔ More severe red, scaly itchy patches behind the ears, in the external ear canals, around the neck, chest and back.
- ➔ Areas affected are those with the highest concentration of oil glands: including scalp, face, neck, armpits, body and groin.

What is the treatment?

- ➔ Although there is no known cure for seborrheic dermatitis, much can be done to alleviate the discomfort.
- ➔ Avoid scratching and rubbing the skin as this may cause infection.
- ➔ Avoid oily cosmetics.
- ➔ Avoid alcoholic beverages.
- ➔ Try to maintain an ideal weight. Obesity predisposes a person to seborrheic dermatitis.
- ➔ Anti-dandruff shampoos and creams to bring down the inflammation are useful in containing the condition.

What is hand eczema?

- ➡ Hand eczema refers to inflammation of the skin of the hands resulting in redness, oozing, crusting, blistering, cracking, thickening and scaling of the skin. It is an itchy and sometimes painful condition, especially if it becomes infected.
- ➡ It is common, affecting people of all ages, especially adults.

What causes hand eczema?

Hand eczema results from a combination of:

- ➡ Inherited sensitive skin.
- ➡ Irritation or allergy from materials touched e.g. excessive wet work, solvents, detergents, oils and greases, cement, glues, perfumes, nickel etc.
- ➡ Combination of the above factors.

Hand eczema is not infectious and cannot spread from person to person.

What should I do if I have hand eczema?

Your doctor will:

- ➡ Prescribe wet dressings, steroid ointments /creams, moisturisers and tablets to control the eczema.
- ➡ Help you uncover any irritants/allergies that are aggravating the hand eczema.

Skin protection is an important part of treatment, you should:

- ➔ Protect your hands from direct contact with strong soaps, detergents, scouring powders by wearing waterproof rubber or vinyl gloves.
- ➔ Do not wear the gloves for more than half an hour at a time.
- ➔ If a glove develops a hole, discard it immediately.
- ➔ Gloves must remain dry inside. Cotton lined gloves or double gloving with cotton gloves inside help to keep the hands dry or avoid irritation from perspiration.
- ➔ Avoid handling vegetables, fruits, shellfish and raw meat with bare hands. Use gloves to prepare foods. Disposable plastic gloves are suitable.
- ➔ Do not squeeze floor mops with bare hands. Use gloves.
- ➔ Rings often worsen eczema by trapping irritating materials beneath them. Remove your rings when doing housework and before washing your hands.
- ➔ Do not use medicated soaps or detergent powder to wash your hands. Use lukewarm water and a little mild soap when washing hands. Rinse the soap off carefully and dry gently.
- ➔ There is no fast cure for hand eczema. Your skin must be given a rest from irritation.

For appointments to our Dermatology Clinic,
please call the CGH Appointment Centre at Tel: (65) 6850 3333

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CGH Appointment Centre

For appointments and enquiries,
please call: (65) 6850 3333

Operating hours:

8.30am to 5.30pm (Mondays to Fridays)

8.30am to 12.30pm (Saturdays)

Closed on Sundays and Public Holidays

For more information, please visit **www.cgh.com.sg**



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Information is valid as of November 2024 and subject to revision without prior notice.

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Please do not disregard the professional advice of your doctor.