

Tinea Versicolor

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For questions or an appointment, call (806)797-1202

Tinea versicolor, is caused by a fungal organism that normally grows on the skin. In some people – this fungus tends to overgrow causing discolored, slightly scaly patches on the skin. The fungus interferes with the normal tanning and pigmentation of the skin causing light colored patches. Sometime these patches are pink or brown/tan in color. These patches are more noticeable in the summer. Although usually asymptomatic – these patches can itch.

Antifungal creams, lotions or shampoos can help treat tinea versicolor. **But even after successful treatment, skin color may remain uneven for several weeks or months, and the infection may return, especially in warm, humid weather.**

This is not contagious since everyone is a carrier of this organism.

Treatment:

***Ketoconazole** – You will be given 4 tablets with refills

1. take 2 pills with a glass of orange juice or soft drink (something acidic)
2. Wait 30 minutes and then exercise enough to work up a mild sweat
3. Do not shower for at least 8 or 12 hours
4. Repeat this in one week
5. You can repeat the above in the future if the rash recurs.

***Diflucan** – You will be given (2) 200mg tablets

1. Take 1 pill with a glass of water in the morning one day
2. Take the other pill one week after you take the first one

Shampoo – You will be given a prescription for Selsun or Nizoral Shampoo

1. Shampoo every day for one week
2. Then shampoo once a week thereafter for maintenance
3. Use the shampoo on any affected area of your body and let it set for at least 2 minutes but preferably greater than 5 minutes before rinsing.

***Note:** Do not take Ketoconazole or Diflucan while you are taking acetaminophen Tylenol; cholesterol-lowering medications (statins) such as atorvastatin (Lipitor), fluvastatin (Lescol), lovastatin (Mevacor), pravastatin (Pravachol), or simvastatin (Zocor); isoniazid (INH, Nydrazid); methotrexate (Rheumatrex); niacin (nicotinic acid); or rifampin.