

the frequency of application should be reduced or treatment suspended until the reaction subsides; if irritation persists, discontinue treatment. Several months of treatment may be needed to achieve an optimal response and the treatment should be continued until no new lesions develop. If sun exposure is unavoidable, an appropriate sunscreen or protective clothing should be used.

- **MEDICINAL FORMS** There can be variation in the licensing of different medicines containing the same drug.

Liquid

CAUTIONARY AND ADVISORY LABELS 11

- ▶ **Aknemycin Plus** (Almirall Ltd)

Tretinoin 250 microgram per 1 gram, Erythromycin 40 mg per 1 gram Aknemycin Plus solution | 25 ml [PoM] £7.05 DT = £7.05

VITAMINS AND TRACE ELEMENTS > VITAMIN B GROUP

Nicotinamide

06-May-2020

- **INDICATIONS AND DOSE**

Inflammatory acne vulgaris

- ▶ TO THE SKIN

- ▶ Child: Apply twice daily, reduced to once daily or on alternate days, dose reduced if irritation occurs

- **CAUTIONS** Avoid contact with eyes · avoid contact with mucous membranes (including nose and mouth) · reduce frequency of application if excessive dryness, irritation or peeling

- **SIDE-EFFECTS** Paraesthesia · skin reactions

- **MEDICINAL FORMS** There can be variation in the licensing of different medicines containing the same drug.

Gel

- ▶ **Frederm** (Dendron Ltd)

Nicotinamide 40 mg per 1 gram Frederm Treatment 4% gel | 25 gram [P] £5.56 DT = £5.56

- ▶ **Nicam** (Dermal Laboratories Ltd)

Nicotinamide 40 mg per 1 gram Nicam 4% gel | 60 gram [P] £7.10 DT = £7.10

7 Scalp and hair conditions

Scalp and hair conditions

Overview

The detergent action of shampoo removes grease (sebum) from hair. Prepubertal children produce very little grease and require shampoo less frequently than adults. Shampoos can be used as vehicles for medicinal products, but their usefulness is limited by the short time the product is in contact with the scalp and by their irritant nature.

Oils and ointments are very useful for scaly, dry scalp conditions; if a greasy appearance is cosmetically unacceptable, the preparation may be applied at night and washed out in the morning. Alcohol-based lotions are rarely used in children; alcohol causes painful stinging on broken skin and the fumes may exacerbate asthma.

Itchy, inflammatory, eczematous scalp conditions may be relieved by a simple emollient oil such as **olive oil** or **coconut oil** (arachis oil (ground nut oil, peanut oil) is best avoided in children under 5 years). In more severe cases a topical **corticosteroid** may be required. Preparations containing **coal tar** are used for the common scaly scalp conditions of childhood including seborrhoeic dermatitis, dandruff (a mild form of seborrhoeic dermatitis), and

psoriasis; salicylic acid p. 820 is used as a keratolytic in some scalp preparations.

Shampoos containing antimicrobials such as selenium below or ketoconazole p. 777 are used for seborrhoeic dermatitis and dandruff in which yeast infection has been implicated, and for tinea capitis (ringworm of the scalp). Bacterial infection affecting the scalp (usually secondary to eczema, head lice, or ringworm) may be treated with shampoos containing antimicrobials such as **pyrithione zinc**, cetrimide, or povidone-iodine p. 813

In neonates and infants, **cradle cap** (which is also a form of seborrhoeic eczema) can be treated by massaging **coconut oil** or **olive oil** into the scalp; a bland emollient such as **emulsifying ointment** can be rubbed onto the affected area once or twice daily before bathing and a mild shampoo used.

Other drugs used for Scalp and hair conditions Coal tar, p. 796 · Coal tar with salicylic acid and precipitated sulfur, p. 797

ANTISEPTICS AND DISINFECTANTS > UNDECENOATES

Cetrimide with undecenoic acid

- **INDICATIONS AND DOSE**

Scalp psoriasis | Seborrhoeic dermatitis | Dandruff

- ▶ TO THE SKIN

- ▶ Child: Apply 3 times a week for 1 week, then apply twice weekly

- **MEDICINAL FORMS** There can be variation in the licensing of different medicines containing the same drug.

Shampoo

- ▶ **Ceanel** (Alliance Pharmaceuticals Ltd)

Undecenoic acid 10 mg per 1 ml, Phenylethyl alcohol 75 mg per 1 ml, Cetrimide 100 mg per 1 ml Ceanel Concentrate shampoo | 150 ml [P] £3.40 | 500 ml [P] £9.80

ANTISEPTICS AND DISINFECTANTS > OTHER

Benzalkonium chloride

26-Mar-2020

- **INDICATIONS AND DOSE**

Seborrhoeic scalp conditions associated with dandruff and scaling

- ▶ TO THE SKIN

- ▶ Child: Apply as required

- **MEDICINAL FORMS** There can be variation in the licensing of different medicines containing the same drug.

Shampoo

- ▶ **Dermax** (Dermal Laboratories Ltd)

Benzalkonium chloride 5 mg per 1 ml Dermax Therapeutic 0.5% shampoo | 250 ml [P] £5.69 DT = £5.69

VITAMINS AND TRACE ELEMENTS

Selenium

- **INDICATIONS AND DOSE**

Seborrhoeic dermatitis | Dandruff

- ▶ TO THE SKIN USING SHAMPOO

- ▶ Child 5-17 years: Apply twice weekly for 2 weeks, then apply once weekly for 2 weeks, then apply as required

Pityriasis versicolor

- ▶ TO THE SKIN USING SHAMPOO

- ▶ Child 5-17 years: Apply once daily for 7 days, apply to the affected area and leave on for 10 minutes before rinsing off. The course may be repeated if continued →