



Fight dandruff like a pro

Many people believe dandruff is caused by poor hygiene, but this simply isn't true.

For most people, dandruff does not require medical attention. However, sometimes the flaking and itching that appears like dandruff is actually a medical condition, such as seborrheic dermatitis, psoriasis, fungal infections of the scalp, or eczema. If you continue to have symptoms after using a dandruff shampoo, see your doctor. To get the best results from using dandruff shampoo follow these tips.



Follow the instructions on the dandruff shampoo bottle. Some dandruff shampoos require that you lather the shampoo into the hair and onto the scalp and leave it on for about 5 minutes before rinsing; others should not be left on the scalp.

How often should dandruff shampoo be used? Some people can tolerate using dandruff shampoo 2 to 3 times a week. People with curly, coiled, or textured hair may want to use it less often. If using one dandruff shampoo does not bring relief, try alternating between dandruff shampoos with different active ingredients.

Be careful when using a dandruff shampoo that contains coal tar. Tar shampoo can discolor blond, gray, or white hair. It also has the potential to make your scalp more sensitive to sunlight. If you use this type of dandruff shampoo, it's important to protect your scalp from the sun by wearing a hat when outdoors and seeking shade whenever possible.