



## **Keratosis Pilaris**

### ***What is KP?***

Keratosis pilaris (KP) is a condition in which excess skin cells collect around hair follicles. This condition is caused by a genetic defect. People with KP often have dry, sensitive skin, but may also have a lower risk of developing acne. Most cases of KP gradually improve by adulthood.

### ***What are symptoms of KP?***

KP causes tiny, firm bumps on top of red or pink skin. Areas around the cheeks, upper outer arms and front of the thighs are most affected by KP. Uncommon forms of KP involve pus-filled bumps and leave scar-like depressions.

### ***How do I treat KP?***

Treatment of KP relieves bumps and redness. Medications that smooth the bumps can make the redness worse at times. Effective lotions or creams include those containing glycolic acid (Glytone cream), lactic acid (Lac-Hydrin), salicylic acid (Salex) or urea (Carmol 10). Redness on the skin can be reduced by a pulsed-dye laser and/or low-strength doxycycline tablets.

Lotion or creams work best when used twice a day, especially when applied immediately after bathing. KP can come back once medication is no longer used.



KP with severe redness



Typical KP with bumps



For additional information, visit [www.keratospilaris.org](http://www.keratospilaris.org).