



Keratosis Pilaris

Keratosis pilaris is an autosomal dominant disorder common among persons with dry skin. Starting in early childhood, between the ages of 2 and 3, continuing through adolescence, and then subsiding in adulthood, keratosis pilaris is characterized by minute keratotic follicular papules over the lateral aspects of the upper arms, the fronts and sides of the thighs, and, at times, the cheeks and buttocks. Characterized by cornified plugs in the upper part of the hair follicles, which gives the skin a stippled appearance resembling gooseflesh or plucked chicken skin, the disorder is often seen in individuals with atopy and dry skin. Because lesions are associated with and accentuated by dry skin, they generally are more prominent during the winter and tend to improve during the summer.

Treatment, although not completely satisfactory, consists of frequent use of emollients, increasing the humidity in the sleeping quarters, and the application of creams containing urea, ammonium lactate, or glycolic acid. 12% ammonium lactate cream is available over-the-counter - best price is often on Amazon.com. (Cream is better than lotion.) Can try using this twice per day. Another option is Gold Bond Ultimate Rough and Bumpy Skin Daily Therapy Cream.