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Tinea Versicolor

Tinea versicolor is a common infection of the skin by the hyphal form of the yeast *Malassezia furfur*. It can be effectively treated, usually with a combination of pills and shampoos. It has a tendency to reoccur; therefore, preventative maintenance treatment is usually recommended.

Treatment:

- Ketoconazole 200mg - 2 pills at the start of treatment then 2 pills taken two weeks later (Itraconazole 100mg may be used also)
- The effectiveness of the pills may be enhanced by working up a sweat 1 -2 hours after taking the pills as the medicine is secreted in the sweat.
- Selsun Blue (selenium Sulfide 2.5%) or Nizoral (ketoconazole 2%) shampoo applied to entire neck, trunk, arms, and scalp.
- Leave on body for 10 minutes and rinse off.
- Repeat the shampoo regimen each day for 7 days, then once a week for 2 months.
- To prevent recurrence wash with the above shampoo once a month for one to two years.

Note: It may take months for the skin color to return to normal