

You and your scalp

A man and a woman are lying on their backs on a lush green lawn. The man, on the left, has a beard and is wearing a blue patterned shirt with a white bow tie. He is smiling broadly with his eyes closed. The woman, on the right, has long, wavy blonde hair and is wearing a black and white patterned top. She is also smiling and has her hand near her face, as if laughing or covering her mouth. The background is a dense field of green grass.

**Helpful hints and advice on treating
Dry Scaly Scalp Conditions**

Common dry, scaly scalp conditions

Dandruff

Dandruff (sometimes referred to as pityriasis capitis) occurs in many people at some stage during their lifetime. It is characterised by the shedding of dry skin flakes from an otherwise apparently normal scalp.



Eczema on the scalp

Also known as seborrhoeic eczema or seborrhoeic dermatitis. This can be recognised as areas of pink or red that do not have an obvious border to areas not affected. The area is itchy and scales or flakes of skin are visible. Cradle cap in babies is a similar condition, but here thick, greasy scales can remain attached to the scalp.



Psoriasis on the scalp

Also commonly known as scalp psoriasis. This appears as pink or red patches of skin covered with silvery scales that have an obvious border to areas not affected. It is often thick with dense scale, particularly at the hairline.



What causes a dry, scaly scalp?

These different forms of dry, scaly scalp conditions can be recognised from signs such as flakes of skin in the hair, a pink and itchy scalp or dense scale on the head. They may be given a diagnosis e.g. dandruff, eczema or psoriasis; however, the actual cause of these symptoms is often unclear. It may be the result of an alteration in the normal functioning of the skin which, while usually not serious, can give rise to some of these unpleasant symptoms.

How to deal with a dry, scaly scalp

The use of a therapeutic shampoo is an effective way of treating a dry, scaly scalp. Shampoos containing distilled tar, selenium sulphide or ketoconazole may all be useful and can be bought from pharmacies. Certain scalp conditions are considered to be caused by a reaction to fungal overgrowth and may be treated accordingly. Alternatively, some may benefit from a scalp steroid treatment, or a special scalp ointment or cream. Many of these treatments are prescribed by healthcare professionals and shampoos, such as Capasal Therapeutic Shampoo, may be purchased from the dispensary section in your local pharmacy.

Capasal Therapeutic Shampoo

What is Capasal Therapeutic Shampoo?

Capasal Therapeutic Shampoo is a specially developed combination of three active ingredients which have been shown over many years of widespread use to be effective in the treatment of most forms of dry, scaly scalp.

These established active ingredients are:

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| Salicylic acid | to loosen and remove unsightly skin flakes and scales from the scalp. |
| Coconut oil | to moisturise and soften the scalp, preventing an uncomfortable dry or 'tight' feeling, and to help leave the hair in good condition. |
| Distilled coal tar | to help restore the normal functioning of the skin and relieve itching. |



Capasal is a cosmetically acceptable, easy to use therapeutic shampoo. It is also particularly convenient for removing any previous ointment or cream scalp applications.

As it is a medicinal shampoo, Capasal has a distinctive (but not unpleasant) aroma, which is evident during use but which diminishes when the hair is dried.

Capasal does not contain any steroids.

How to use Capasal for best results

The following is not the complete patient information, but for general guidance only. Always read the label before applying Capasal.

Adults, children and the elderly

- Wet the hair thoroughly.
- Apply a small amount of shampoo to the scalp (approximately a quantity the size of a two Euro piece for short hair, adjusting up depending on length/thickness of hair).
- With the tips of the fingers, massage in thoroughly.
- Leave on for a few minutes.
- Remove as much lather as possible with the hands (this is important as it will take the scales with it).
- Rinse out well under running water.
- If necessary, repeat the steps above.

Use as a shampoo, once or twice weekly until the scalp looks and feels normal. If necessary, it may then be a good idea to use Capasal occasionally to help maintain this improvement.

If there is no improvement after 4 weeks, or if your scalp condition seems to look or feel worse, discontinue use of the product and consult your pharmacist, nurse or doctor.



Infants

Capasal may also be used for cradle cap. A small amount should be used, sufficient to produce a lather, which should then be washed off with warm water, and the scalp gently patted dry with a towel. Capasal should be discontinued when the condition clears, or if any irritation occurs. Remember to rinse using a back washing technique with the baby's head supported by a hand and tilted backwards to avoid getting shampoo into the baby's eyes.

Pregnancy and breast-feeding

The ingredients have been in widespread use in this and similar preparations for many years, without reports of problems. However, safety trials have not been conducted. This product is therefore not recommended during the first three months of pregnancy. After the first three months of pregnancy, it should only be used intermittently.

Reporting of side effects:

If you get any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in this leaflet. You can also report side effects directly via HPR A Pharmacovigilance Website: www.hpra.ie. By reporting side effects you can help provide more information on the safety of this medicine.

Always read the label.



- Capasal Therapeutic Shampoo is an amber coloured foaming shampoo in a polythene bottle containing 250ml or 100ml. It is available from your pharmacy.
- Take care to keep undiluted Capasal away from the eyes.
- The use of hair styling products, hair dyes and colourings should preferably be avoided (or kept to a minimum) as they could irritate the underlying skin condition.
- The Capasal range also includes Capasal Herbal Shampoo, for those who may prefer an alternative to the medicinal coal tar formulation of Capasal Therapeutic Shampoo.

Capasal Therapeutic Shampoo is a medicinal product.
Always read the leaflet/label before use.

If you suffer from eczema or psoriasis the details of the following resource may be of interest:

Irish Skin Foundation

Charles Institute for Dermatology

University College Dublin,

Dublin D04 V1W8

www.irishskin.ie

Email: info@irishskin.ie

Telephone: **01 486-6280**

Presented with the compliments of:

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