

# Pityriasis Alba

## What is it?

Pityriasis alba is a mild type of eczema mainly seen in children. It causes pale patches of skin over the face, and sometimes on the neck and upper body. The pale patches look more obvious in darker skin types and following sun exposure. Pityriasis alba is more common in children with dry skin and atopic dermatitis. Pityriasis alba is not harmful, it does not cause any permanent scars and it does not spread to other people.



## How can we prevent it?

- ✗ **AVOID SKIN CARE PRODUCTS** that dry the skin. This includes soaps, shower gels, and bubble bath. Instead use plain water or a soap-free wash when bathing/showering.
- ✓ **MOISTURISE** the skin morning and night to improve dryness. It is best applied after a shower when the skin is still slightly damp. Thick moisturising creams or ointments are best.
- ✓ **SUN-PROTECT THE SKIN** to prevent tanning of the surrounding skin. Use a sensitive-skin sunscreen to the face each morning and reapply at lunchtime. Wear a hat and protective clothing when outdoors.



## How can we treat it?

- ✓ Continue with **all** of the steps mentioned above.
- ✓ Sometimes a prescription cream is needed to treat inflammation.

**You have been prescribed:**

---

## Your skin care plan:

---

---

---

---



## Want more information?

[dermnetz.org](http://dermnetz.org)  
[dermcoll.edu.au/a-to-z-of-skin](http://dermcoll.edu.au/a-to-z-of-skin)

This factsheet was developed as part of the Koolungar Moorditj Healthy Skin Project.