

Tinea Versicolor

You have a fungus disease of the skin that is not contagious to others. It will be treated in one of the following ways:

1. Apply **Selenium Sulfide Lotion** or **Sel Seb Shampoo** or **Nizarol Shampoo** or **Loprox Shampoo** or _____ to all areas involved. Don't treat the spots only. Leave the medication on for 10 minutes then shower it off. Repeat the procedure for a week then use once weekly to prevent recurrences.
2. Apply **Nizarol Cream** or **Xolegel** or **Loprox Cream** or _____ to the affected areas two times daily for two weeks then discontinue.
3. **Nizarol Pills** – This is an oral agent that is occasionally used for Tinea Versicolor. You are to take two 200 mg pills today and work up a sweat one hour later. This medication may interact with other medications and it also rarely causes liver inflammation. **Alcohol is prohibited while taking this medication.**

The color of your skin may not return to normal sooner than 3 to 6 months after treatment.

To prevent recurrences of Tinea Versicolor you should avoid intensive sun exposure or sweating. This activates the organism in your skin and causes or exacerbates the problem.