



## You and your scalp

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/red on lighter skin tones and lighter or darker in colour than the surrounding skin on darker skin tones. They 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/red patches of skin covered with silvery scales on lighter skin tones. On darker skin tones, this appears as darker in colour or violet with grey scales. They 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 an inflammatory reaction to excess fungal organisms living on the skin 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 also 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:

- 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 fifty pence 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 until the scalp looks and feels better or as recommended by your doctor, pharmacist or nurse. Capasal can be used daily if required, reducing frequency of use to once or twice a week as your condition improves. Thereafter, occasional use may be necessary.



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 doctor, pharmacist or nurse.

### 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

This product can be used during pregnancy and whilst 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.

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#### 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 the package leaflet. You can also report side effects directly via the Yellow Card Scheme at [yellowcard.mhra.gov.uk](http://yellowcard.mhra.gov.uk). By reporting side effects, you can help provide more information on the safety of this medicine.

Always read the leaflet.



## Helpful hints

- Capasal Therapeutic Shampoo is an amber coloured foaming shampoo in a polythene bottle containing 250ml. It is available **either** on NHS prescription, or on request from your pharmacist.
- 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.

If you suffer from eczema or psoriasis the details of the following self-help groups may be of interest:

**National Eczema Society**

11 Murray Street, London, NW1 9RE, UK

**[www.eczema.org](http://www.eczema.org)**

Email: [helpline@eczema.org](mailto:helpline@eczema.org)

Helpline: **0800 448 0818**

(10am-4pm Mon-Fri, not including bank holidays)

**The Psoriasis Association**

Dick Coles House

2 Queensbridge

Northampton

NN4 7BF, UK

**[www.psoriasis-association.org.uk](http://www.psoriasis-association.org.uk)**

Email: [mail@psoriasis-association.org.uk](mailto:mail@psoriasis-association.org.uk)

Telephone: **01604 251 620**

WhatsApp: **07387 716 439**

For patient resources on eczema, psoriasis or scaly scalp conditions please visit **[www.dermal.co.uk](http://www.dermal.co.uk)**

Presented with the compliments of:

Dermal Laboratories Limited,

Tatmore Place, Gosmore, Hitchin, Herts SG4 7QR.