Rationale
Dandruff is a common skin condition. It can present as mild scaling on the scalp with itching. This can be easily treated long term with over the counter anti-fungal shampoos. Dandruff is not harmful or contagious and a GP appointment is unnecessary.

Recommendations for clinicians
- Provide the patient with a ‘non-prescription’ sheet or a patient information leaflet to promote education about self-limiting conditions suitable for self-care when appropriate.

- Advise patients on safe and effective self-care measures.
  - Dandruff will resolve with use of specific anti-fungal shampoos containing salicylic acid, coal tar, selenium sulphide, ketoconazole and zinc pyrithione.
  - Shampoos should be left on for at least 5 minutes before rinsing off
  - Stress and cold weather may make it worse
  - Frequency of use of shampoo can be reduced once dandruff improves but it will probably come back if stopped completely.

- Advise patients to seek medical attention and consider treatment with a prescription in the following circumstances:
  - Over the counter treatments have not improved dandruff after a month of use.
  - Scalp is very itchy, red or swollen, amount of dandruff increases.
  - Patient is immunocompromised.

Example of products available to buy over the counter*

<table>
<thead>
<tr>
<th>Product</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ketoconazole</td>
<td>Not licensed for under 16 years (~£6.40 for 60ml)</td>
</tr>
<tr>
<td>Selenium disulfide (Selsun)</td>
<td>Not licensed for under 5 years (~£1.60 for 50ml)</td>
</tr>
<tr>
<td>Coal Tar solution 4% scalp shampoo</td>
<td>Not licensed for children under 12 years (~£5.49 for 150ml)</td>
</tr>
</tbody>
</table>


*Prices correct at time of writing and are subject to change