

Keratosis Pilaris (KP):

Keratosis pilaris (KP) is a common, harmless condition causing small, rough bumps due to keratin buildup. It typically affects the arms, thighs, buttocks, chest, and sometimes the face. KP is more common in adolescents, worsens in winter, and may be hereditary or linked to conditions like eczema.

Types of Keratosis Pilaris:

General KP – Common form affecting arms, thighs, sometimes face.

Associated KP – Appears with other skin conditions like eczema.

Ingredients to Use:

Salicylic Acid – Exfoliates to reduce keratin buildup.

Lactic Acid – Moisturizes and exfoliates.

Urea – Softens and exfoliates.

Retinoids (e.g., Adapalene) – Promote cell turnover. (Consult a doctor before use.)

Emollients – Like glycerin, hyaluronic acid.

Products to Use for Keratosis Pilaris:

CeraVe SA Lotion for Rough & Bumpy Skin.

AmLactin Daily Moisturizing Lotion.

Eucerin Advanced Repair Lotion.

Differin Gel (Adapalene). (Consult a doctor)

The Ordinary Glycolic Acid 7% Toning Solution.

Neutrogena Norwegian Formula Hand Cream.

Self-Care Tips for Keratosis Pilaris:

Use mild soaps or soap substitutes.

Apply emollients frequently.

Take tepid (not hot) showers or baths.

Use gentle exfoliators occasionally.

Avoid scratching or picking at bumps.