

Everything You Need To Know About Keratosis Pilaris And How To Treat It

Board-Certified dermatologist **Dr. Ariel Ostad** specializes in surgical and non-surgical aesthetic cosmetic procedures. Treating patients with skin concerns including aging skin, dark spots, facial lifting and more, is the number one goal of Dr. Ostad and his team. *Haute Beauty* caught up with Dr. Ostad to discuss what exactly **Keratosis Pilaris** is and how to treat it.

***Haute Beauty:* What is Keratosis Pilaris?**

Dr. Ariel Ostad: Keratosis Pilaris is a common skin condition that can cause dry, rough patches and tiny bumps. The bumps typically do not hurt or itch. Keratosis Pilaris is caused by a buildup of keratin, the protein that protects skin from infections and other harmful things. The buildup forms a plug that blocks the opening of a hair follicle. However, the cause of the buildup is still medically unknown.

HB: Which skin types usually develop this skin concern?

AO: It often affects people with certain **skin conditions**, including eczema (also called atopic dermatitis). Oftentimes, Keratosis Pilaris appears in children and teens with the condition improving and even disappearing as they get older.

HB: Where does Keratosis Pilaris typically show up?

AO: The rough patches and tiny bumps typically appear on the upper arms, thighs, cheeks or buttocks.

HB: How can this skin concern be treated?

AO: At this point in time, there is no cure for keratosis pilaris. There are, however, moisturizing lotions and creams that can help your skin look and feel better. A variety of these are available over the counter, but you'll need a prescription from your dermatologist for stronger versions to treat more severe cases.

HB: What products would you recommend to help treat this skin concern

AO: I recommend using a moisturizer for more mild cases, and for more severe cases I recommend seeing a dermatologist to get a prescription medication. We have a great **A.H.A Dead Skin Cream** in our skincare line that is designed to exfoliate and even skin tone by removing the dead skin that clogs pores. It also contains green tea extract, a mixture of xanthine compounds, which helps reduce dryness.