

## Peri Oral Dermatitis

Peri Oral Dermatitis is a common inflammatory skin condition found in adult women. It rarely occurs in men and may occasionally affect children. Groups of itchy or tender red papules (bumps) appear most often around the mouth. They spare the skin bordering the lips (which appears pale) but develop on the sides of the chin, then spreading to include the upper lip and cheeks. The surrounding skin may appear pink, and the skin surface often becomes dry and flaky with a burning sensation. Peri Oral Dermatitis can look like a cold sore (during severe flare-ups) around the mouth area or acne like with dry and flaky skin. It can also appear around the nose 'periorificial' and eye area when it should be more correctly called 'periocular' dermatitis.

Characteristics of Peri Oral Dermatitis include:

- Groups of red papules or bumps around the mouth.
- Mild burning Sensation
- Dry and flaky facial skin.
- Aggravation by topical steroids, asthma inhalers, contraceptive pill, fluoride toothpaste, and harsh chemicals in cosmetics and skincare.

## Peri Oral Dermatitis - Severe

Juniper Australia recommends the following routine to get the best results for peri oral dermatitis- severe:

### MORNING

Cleanse, using **Calming Face and Body Wash** as per instructions on the bottle. Massage the entire face with the **Calming Treatment Serum**. Moisturise with **Ultra Calm Replenishing Cream** or **Calming Jojoba Moisturiser**.

### EVENING

Cleanse, using **Calming Face and Body Wash** as per instructions on the bottle. Massage the entire face with the **Calming Treatment Serum**. Lock in moisture with **Ultra Calm Replenishing Cream** or **Medi Balm** (Medi Balm should only be used over the affected areas).

**Thank you for trusting Juniper and we look forward to giving you the gift of healthy skin.**