

# Pityriasis Alba

---

**What is pityriasis alba?** Pityriasis alba (pit-y-RI-a-sis ahl-buh) is a disorder that causes small areas of skin to lose their normal color (pigmentation). Many believe that it is a type of dry skin. People often have eczema (an itchy dry skin condition) and pityriasis alba.

---

**What does it look like?** The affected areas look whiter than the surrounding skin, and sometimes have an associated pink discoloration or a small amount of dry skin (scaling). The most frequently affected area is the face. Other areas that can be affected include the neck, back, chest, belly, arms and legs.

---

**Who is affected?** Although pityriasis alba can happen to people of all races, it is more common in people with Hispanic, African-American or Asian heritage.

---

**How is it treated?** There is no cure for pityriasis alba. However, there are ways to treat and prevent it, and most people outgrow the condition over time. Regular use of fragrance-free moisturizers is the best way to prevent pityriasis alba. Sometimes steroid creams for the skin are used to treat more severe forms of the condition. The affected areas develop more normal pigmentation on their own with time, but new areas may develop.

---

**Sun protection** A very important part of treatment is to protect the skin from sun exposure by using sunscreens and protective clothing. Light areas of skin can sunburn more easily than unaffected areas of the skin. When the unaffected areas of skin darken due to sun exposure, the light areas also become more noticeable.

---

## To Learn More

- Dermatology  
206-987-2158
- Ask your child's healthcare provider
- [seattlechildrens.org](http://seattlechildrens.org)

## Free Interpreter Services

- In the hospital, ask your nurse.
- From outside the hospital, call the toll-free Family Interpreting Line, 1-866-583-1527. Tell the interpreter the name or extension you need.



Seattle Children's offers free interpreter services for patients, family members and legal representatives who are deaf or hard of hearing or speak a language other than English. Seattle Children's will make this information available in alternate formats upon request. Call the Family Resource Center at 206-987-2201. This handout has been reviewed by clinical staff at Seattle Children's. However, your needs are unique. Before you act or rely upon this information, please talk with your healthcare provider.

© 2022 Seattle Children's, Seattle, Washington. All rights reserved.

8/22  
PE1987