

## Problems related to hair dye

Nowadays hair dyeing is very popular and allergies due to dye are also commonly reported. This condition is known as hair dye contact dermatitis.

Allergies are mostly found in permanent and semi-permanent hair dyes.

A component called PPD (paraphenyldiamine) contained hair dyes cause many allergies after hair dyeing. This component is found in most black or dark brown hair dyes. Apart from this, allergies can occur to other components in dye too.

E.g.: Ammonia

### 1. Who are more likely to have this condition?

- Some people are more prone to allergies.
- Therefore, such people may develop dermatitis to the components in hair dye.

### 2. How does it occur?

There are two types of dermatitis caused by hair dye pigments.

- Irritant contact dermatitis – Skin inflammation caused by substances that directly irritate the skin
- Allergic contact dermatitis – Skin inflammation caused by damage to the skin due to allergy

### 3. How to identify allergies to hair dyes? (symptoms)

- Symptoms range from mild changes to very serious consequences.
- Redness of the skin, itching, dryness, appearing of blisters and oozing are some of the changes seen.
- This condition starts from head or face and can spread to other areas of the body.
- In addition to this, swelling of the head and face, physical discomfort and urticarial rashes can also be seen.
- In the case of severe allergies, with the changes in the skin seen within few minutes after applying dye these symptoms also could occur; facial swelling, eye swelling, faintishness, difficulty in breathing, difficulty in swallowing, abdominal pain, vomiting and loss of consciousness. Death can also occur, if necessary, action is not taken quickly.

Allergies and these inflammatory skin conditions can occur at the time of starting to dye or after 2-10 years or more.

### 4. How to avoid this situation?

- Apply the dye as sparingly as possible to the skull.
- Do not leave on the dye for longer than the specified period.
- Apply after wearing gloves.



- Wash the hair thoroughly after applying the dye.
5. How to check whether there is an allergy to hair dyes?
- Always apply a small amount of hair dye behind the ear or on the inner aspect of elbow before applying on scalp and leave it for half an hour or the time mentioned on the packet and wash off. Observe for skin changes or allergic symptoms for about 48hours.This should be done every time even the same dye is used.
  - Those who have suspicions of allergies can identify the components that cause such contact allergic conditions by undergoing a patch test in dermatology clinics. (But some components may not be tested in this test). Sometimes these allergies occur after exposure to these compounds over time.
6. What are the treatments available for this condition?
- For milder conditions, wash the hair and scalp quickly and seek immediate medical attention.
  - Your doctor may then prescribe creams and pills as treatments.
  - Once allergy has completely subsided and skin has recovered fully, use a PPD free hair dye after the patch test.
  - In case of severe condition, you should immediately admit to a hospital for emergency treatments.

