

SebDuo™ CONCENTRATE

(Ketoconazole 8%/Triamcinolone acetonide 0.4%)

SebDuo (ketoconazole/triamcinolone acetonide) Concentrate is used to treat seborrheic dermatitis (scaly areas on the skin or scalp). General recommendation is to use SebDuo every day or every other day until symptoms are controlled and then reduce frequency for maintenance. Use as directed by your healthcare professional.



STEP 1: Mix

- ❖ Short Hair or Scalp only: Mix two pumps of SebDuo with 1 teaspoonful (5 ml) of your shampoo.
- ❖ Long hair: For hair longer than shoulder length, it's recommended to mix 4 pumps of SebDuo with 2 teaspoonfuls (10 mL) of your shampoo.

STEP 2: Lather

Lather mixture into hair and scalp and let sit for 5 minutes for optimal results.

STEP 3: Rinse thoroughly

If product gets into eyes, rinse thoroughly with water.

Frequently Asked Questions (FAQs)

1. Can I apply SebDuo mixed with my shampoo directly to my scalp without first mixing it with my shampoo?

No, it is specifically designed to be COMBINED with your current shampoo. SebDuo should never be applied to the scalp solely by itself.

2. Is SebDuo compatible with my shampoo?

Sebduo has been thoroughly tested in our lab with 20 popular shampoos found on the market, and we haven't encountered any compatibility issues. Additionally, since its release, we remain unaware of any compatibility issues arising. Sebduo contains common ingredients found in a significant number of commercial shampoos. This further supports its compatibility with other products in the market.

3. How will SebDuo affect the performance of my shampoo?

Most people notice that SebDuo makes the shampoo feel smoother resulting in the hair feeling smoother after application. SebDuo has a negligible effect on the foaming or performance from internal testing.

4. Will my prescription insurance pay for SebDuo?

Since SebDuo is a compounded medication that is custom made, most insurance companies do not cover it. In many cases, prescriptions for SebDuo are eligible for payment using a Flex Spending Account or a Health Savings Account. The patient may also choose to self-submit a claim. If the patient would like to file an insurance claim, they may contact their insurance company for further instructions.

5. Is SebDuo color safe?

There have been no reported color-related issues to date with SebDuo. Avoid using SebDuo for 5 days after coloring your hair.

6. Is SebDuo FDA approved?

The two active pharmaceutical ingredients, ketoconazole and triamcinolone, are FDA approved for various health conditions with decades of FDA oversight. SebDuo, a compounded medication, is not required to go through the FDA approval process but instead is regulated by the state's board of pharmacy.

7. How much does SebDuo cost?

\$59.00 plus shipping.

8. What are the two active ingredients in SebDuo and how do they work?

Ketoconazole and triamcinolone. Ketoconazole has many uses in shampoo form. The most common is for seborrheic dermatitis (dandruff). Ketoconazole reduces the yeast which is a major cause of this condition and is FDA approved for seborrheic dermatitis. Triamcinolone is a mid-potent topical steroid which is used for many types of inflammatory skin disorders including seborrheic dermatitis. It is known to be fast acting for the management of itching and flaking of seborrheic dermatitis.

9. Can I use a conditioner after using Sebduo with my regular shampoo?

Yes. You can continue your hair care routine as usual.

10. Should I continue using the medication until the bottle is empty?

Most conditions treated by SebDuo are chronic. Healthcare providers typically recommend more frequent use initially until symptoms are controlled, then as needed for maintenance. A common maintenance dose is twice a month, with more frequent use during acute flares.

11. How do I know when to decrease the frequency of use to a maintenance dose?

When your symptoms are absent or very well controlled you can use it less often. Always follow your healthcare provider's instructions and be sure to schedule a follow up if you are not getting the desired results.

12. What are the most common adverse effects?

Some people notice a mild warm feeling in the first thirty seconds. This is not an adverse effect but instead a mild heat-releasing reaction. Additional adverse effects include allergic contact dermatitis and itchiness. Prolonged, repeated exposure of topical steroids, like triamcinolone found in SebDuo, may worsen glaucoma symptoms. Avoid extended exposure of treatment around the eyes.

13. Sometimes I shampoo only my scalp and not my hair. Can I do that with SebDuo?

Yes. SebDuo is commonly prescribed for scalp conditions rather than hair conditions. You can use SebDuo alongside your regular shampoo—just add it in. It's that simple.

14. I am using a dandruff shampoo that I like but it is not strong enough. Can I combine SebDuo with a dandruff shampoo instead of a non-dandruff shampoo?

Yes. SebDuo can be combined with any dandruff or non-dandruff shampoo.

15. How do I store the medication? Can I keep it in the shower?

Yes, you can store SebDuo in the shower. Ideal storage for SebDuo is in a location where it's not constantly exposed to heat.

16. How long is the medication good for?

This medication can be used up to 90 days from when it was made. You will find a discard date located on the prescription label.

17. How long does one dispensing of the medication last?

The duration SebDuo lasts depends on factors such as the severity of your scalp condition, usage frequency, and hair length. On average, it lasts between 1 to 3 months.

18. Should SebDuo be used by pregnant or nursing women?

Please contact your prescriber to discuss any concerns about being pregnant or nursing while taking SebDuo.

19. What is the minimum age a person should use SebDuo?

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20. Who do I contact if I have additional questions about Sebduo?

For any questions about SebDuo, please call the toll-free number listed on your prescription label. Additionally, you can locate the NuCara Pharmacy serving your state on the website for further assistance.

21. How long does it take to work and how do I know when to stop treating?

Typically, patients will require 1 to 3 weeks of treatment. The duration of therapy may be longer depending on the severity and area impacted by the condition. A follow-up appointment with your prescriber is beneficial to determine when to discontinue use.

22. Why can't SebDuo be sent to my local pharmacy?

SebDuo is a proprietary compounded medication and exclusively available by prescription only from NuCara Pharmacy.

23. How do I get refills?

Call the pharmacy's toll-free number found on your prescription label. If you have no refills remaining, the pharmacy will request a new prescription from the clinic.

Important Safety Information

Drug Interactions

- Inform your healthcare provider of all medications you are taking to avoid potential interactions.

Storage Requirements

- Store at **room temperature**.
- Keep out of **reach of children**.

Beyond Use Date

- The medication is best used within **three months** of the date it was made.
- **Do not use** or keep outdated medication.

Adverse Effects

Possible side effects may include:

- **Burning sensation**
- **Rash**
- **Redness**
- **Irritation** following application

Discontinue use if side effects become bothersome.

With daily, prolonged use, you may experience:

- **Acne-like lesions**
- **Appearance of small blood vessels**
- **Thinning of the skin**

These effects will gradually reverse upon stopping the medication.

Important Precautions:

- Avoid contact with **eyes**. If repeated exposure occurs, there may be a risk of **cataracts** and **glaucoma**.
- Always follow your provider's specific instructions regarding shampoo frequency.
- Fetal and infant risk can't be ruled out. It's important to discuss with your healthcare provider to weigh the clinical need and its potential risks to breast-fed infants and fetuses.

Seek medical attention if any side effects persist after discontinuation.

Usage Instructions

- **SebDuo** is a concentrate and should always be used with your regular shampoo, not alone.
- The standard dose is **two pumps of SebDuo** per **5ml (1 tsp.)** of shampoo and may vary depending on hair length.
- **Do not apply** to broken or bleeding skin.

Contraindications

- Do not use if you have known allergies to any ingredients in this medication or if you are experiencing certain medical conditions as advised by your healthcare provider. Always consult your provider for more specific contraindications.