



## Benzoyl Peroxide

### What are the aims of this patient information leaflet?

This leaflet has been written to help you understand more about your contact allergy. It tells you what a contact allergy is, what causes this allergy and what you can do about it.

### What is contact allergy?

Dermatitis, also known as eczema, describes a type of inflammation of the skin. Contact dermatitis or contact eczema is a term used when this inflammation is caused by direct or indirect skin contact with something in your environment. Allergic contact dermatitis occurs when your immune system causes allergy to a very specific chemical or substance that has been in contact with the skin.

### What causes your specific allergy?

Your [patch tests](#) indicate that you have a contact allergy to **Benzoyl Peroxide**.

### What is Benzoyl Peroxide ?

Benzoyl peroxide is a chemical used as an oxidising agent and free-radical initiator. It is widely used in skincare, nail products, dental treatments, industrial applications, and occasionally in food.

### What are some products that contain Benzoyl Peroxide ?

#### 1. Skincare and acne products

Face washes, gels, creams, and spot treatments

Common brands: **PanOxyl®**, **Benzac®**, **Oxy-5®**, **Acnecide®**, **Epiduo®**, **Duac®**

Also found in some medicated acne pads or lotions

#### 2. Acrylic nails and nail salons

Acrylic nail powders and liquids

Builder gels, hardeners and activators

Nail primers or monomer/polymer mixes used in nail extensions

#### 3. Dental products

Teeth whitening gels or bleaching products

Some professional dental bleaching kits

#### 4. Medicinal / topical treatments

Wound care creams or antiseptic gels that contain BPO

Some acne and rosacea prescription creams

#### 5. Industrial / household products

Plastics, resins, adhesives, and coatings

Printing inks and vinyl flooring materials

Textile bleaching agents or treated fabrics

## 6. Food products (less common)

Flour bleaching: Benzoyl peroxide is used to bleach wheat flour in some countries  
Baked goods made from bleached flour  
Certain cheeses may contain BPO as a bleaching or oxidising agent

**Tip:** Most BPO in flour reacts and is removed during processing, so residual amounts are usually very low. Reactions from food are uncommon but possible in sensitive individuals, such as prolonged contact in Bakers.

It is very unlikely to cause any significant skin or health problems once eaten or drunk.  
Localised lip and/or mouth symptoms may occur.

**Remember, always check the label, these lists can never be complete and ingredients change.**

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### How can I manage my allergy?

This means that you should avoid putting products containing Benzoyl Peroxide onto your skin in the future.

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### Self-care (what can I do?)

Always check the ingredient listing on the product, package or package insert as these lists can never be complete and ingredients change. This is particularly important for any products purchased outside the EU where some allergens may not be banned.

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