

Allergic Contact Dermatitis: Symptoms, Diagnosis and Treatment

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Editorial Note

Contact dermatitis may be a red, unquiet rash caused by direct contact with a substance or associate aversion to that. The rash is not contagious or grave, however, it will be terribly uncomfortable.

Many substances will cause such reactions, together with soaps, cosmetics, fragrances, jewelry, and plants.

To treat dermatitis with success, you wish to spot and avoid the explanation for your reaction. If you'll avoid the offending substance, the rash sometimes clears up in 2 to four weeks. you'll attempt soothing your skin with cool, wet compresses, anti-itch creams, and different self-care steps.

Symptoms

Contact dermatitis sometimes happens on areas of your body that are directly exposed to the reaction-causing substance — for example, on a calf that brushed against poison common ivy or below a bracelet. The rash sometimes develops within minutes to hours of exposure and might last 2 to four weeks.

Signs and symptoms of dermatitis include:

- A red rash
- Itching, which can be severe
- Dry, cracked, scaly skin
- Bumps and blisters, typically with oozing and crusting
- Swelling, burning, or tenderness

Causes

Contact dermatitis is caused by a substance you are exposed thereto irritates your skin or triggers associate aversion. The substance can be one of all thousands of

legendary allergens and irritants. a number of these substances might cause each infliction dermatitis and allergic dermatitis.

Irritant dermatitis is that the commonest kind. This nonallergic skin reaction happens once a substance damages your skin's outer protecting layer.

Some folks react to robust irritants once one exposure. Others might develop signs and symptoms once continually exposed to even delicate irritants. and a few folks develop a tolerance to the substance over time.

Common irritants include:

- Solvents
- Rubbing alcohol
- Bleach and detergents
- Shampoos, permanent solutions
- Airborne substances, like wood or wool dirt
- Plants
- Fertilizers and pesticides

Allergic dermatitis happens once a substance to that you are sensitive (allergen) triggers an associate immune response in your skin. it always affects solely the realm that met the substance. however, it should be triggered by one thing that enters your body through foods, flavorings, medicine, or medical or dental procedures (systemic contact dermatitis).

You may become supersensitive to a robust substance like poison common ivy once one exposure. Weaker allergens might need multiple exposures over many years to trigger associate hypersensitivity reactions. Once you develop an associate hypersensitivity reaction to a substance, even a little quantity of it will cause a reaction.

Common allergens include:

- Nickel, which is employed in jewelry, buckles, and plenty of different things
- Medications, like antibiotic creams and oral antihistamines
- Balsam of South American country, that is employed in several merchandises, like perfumes, cosmetics, mouth rinses, and flavorings
- Formaldehyde, that is in preservatives, disinfectants, and article of clothing
- Personal care merchandise, like deodorants, body washes, hair dyes, cosmetics, and nail enamel
- Plants like poison common ivy and mango, contain an extremely substance referred to as urushiol
- Airborne substances, like allergen and spray pesticides
- Products that cause a reaction once you are within the sun (photoallergic contact dermatitis), like some sunscreens and oral medications

Children develop the condition from the same old offenders and conjointly from exposure to diapers, baby wipes, sunscreens, articles of clothing with snaps or dyes, and so on.

Prevention

General hindrance steps embrace the following:

- Avoid irritants and allergens. {try to | attempt to | try associated} establish and avoid substances that irritate your skin or cause an aversion.
- Wash your skin. you may be ready to take away most of the rash-causing substance if you wash your skin at once returning into contact with it. Use a mild, fragrance-free soap and heat water. Rinse utterly. conjointly wash any article of clothing or different things that will have to inherit contact with a plant substance, like poison common ivy.
- Wear protecting articles of clothing or gloves. Face masks, goggles, gloves, and different protecting things will defend you from irritating substances, together with family cleansers.
- Apply an associate iron-on patch to hide metal fasteners next to your skin. this could assist you to avoid a reaction to jean snaps, as an example.
- Apply a barrier cream or gel. These merchandises will give a protecting layer for your skin. as an

example, an associate over-the-counter skin cream containing bentoquatam (Ivy Block) might forestall or reduce your skin's reaction to poison common ivy.

- Use moisturizer. often applying moisturizing lotions will facilitate restore your skin's outmost layer and keep your skin supple.
- Take care of pets. Allergens from plants, like poison common ivy, will take hold of pets so be unfold to folks.

Diagnosis

Diagnose dermatitis and establish its cause by speech you concerning your signs and symptoms, questioning you to uncover clues concerning the trigger substance, and examining your skin to notice the pattern and intensity of your rash. {it might it's going to | it should} may suggest a skin test to envision if you are allergic to one thing. This check typically helpful if the explanation for your rash is not apparent or if your rash recurs often.

During a skin test, little amounts of potential allergens square measure applied to adhesive patches, that square measure then placed on your skin. The patches stay on your skin for 2 to a few days, throughout which period you'll have to stay your back dry.

Treatment

If home care steps do not ease your signs and symptoms, your doctor might inflict medications. Examples include:

- Steroid creams or ointments. These locally applied creams or ointments facilitate to soothe the rash of dermatitis. A topical steroid is also applied one or twofold daily for 2 to four weeks.
- Oral medications. In severe cases, your doctor might inflict oral corticosteroids to cut back inflammation, antihistamines to alleviate itch, or antibiotics to fight a microorganism infection.

Home Remedies

To help cut back itchiness and soothe inflamed skin, attempt these self-care approaches:

Avoid the bother or matter. The key to the present is characteristic of what is inflicting your rash and staying far from it. Your doctor could offer you an inventory of merchandise that usually contains the substance that affects you. Also, raise an inventory of merchandise that is freed from the substance that affects you.

If you are allergic to the metal in a very piece of jewelry, you will be ready to wear it by golf shot a barrier between

you and therefore the metal. for instance, line the within of a bracelet with a chunk of clear tape or paint it with clear nail varnish.

1. Apply associate degree anti-itch cream or lotion to the affected space. A nonprescription cream containing a minimum of one % cortisol will quickly relieve your itch. A steroid ointment is also applied one or double daily for 2 to four weeks. Or attempt lotion.
2. Take associate degree oral anti-itch drug. A nonprescription oral adrenal cortical steroid or medication, like Benadryl (Benadryl), is also useful if your itchiness is severe.
3. Apply cool, wet compresses. Moisten soft washcloths and hold them against the rash to assuage your skin for fifteen to half-hour. Repeat many times daily.
4. Avoid scratching. Trim your nails. If you cannot keep from scratching associate degree unquiet space, cowl it with a dressing.
5. Soak in a very well cool bathtub. Sprinkle the water with hydrogen carbonate or associate degree oatmeal-based bathtub product.
6. Protect your hands. Rinse and dry hands well and gently once laundry. Use moisturizers throughout the day. And opt for gloves that supported what you are protecting your hands from. for instance, plastic gloves lined with cotton are sensible if your hands are usually wet.