

# Contact dermatitis - Allergic

- Allergic reaction to something (allergen) that touches the skin.
- Does not occur with initial contact with the allergen. Requires previous exposure for allergy to develop.
- Once sensitized, rash occurs within 48 hours of touching the substance again.



Contact dermatitis from rubber sandals

## What does it look like?

- Itchy red bumps or blisters at first
- After a long time, dry, itchy, red skin with some thickening of the skin
- Odd shapes and only in location where substance was touched

## Causes

There are many causes of allergic contact dermatitis. Some of the most common:

- Metals – Nickel (in jewelry, snaps)
- Plants – poison ivy, poison oak, mango
- Hair dyes
- Rubber

## Treatments

- Don't touch the allergen!
- Cool, damp cloths or calamine lotion
- Antihistamines for itch
- Topical steroids – Over the counter 1% hydrocortisone. Prescription such as mid-high potency often needed
- Oral steroids if very severe