



Eczema / Dermatitis

By:

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Eczema

- **Eczema**: Come from the Greek name for boiling, a reference to the tiny vesicles (bubbles) that are commonly seen in the early acute stage of the disease
- **Dermatitis**: means inflammation of epidermal layer of the skin.

Types of eczema

1. Contact Dermatitis
2. Atopic Dermatitis
3. Seborrhoeic Dermatitis
4. Napkin Dermatitis

Contact dermatitis

- Contact dermatitis is an inflammatory reaction of the skin to physical, chemical, or biologic agents.
- The epidermis is damaged by repeated physical and chemical irritations.
- Contact dermatitis may be due to irritants or allergens
- Constitutes 80% of dermatitis cases
- Mostly industrial
- Usually on hands & forearm
- Acute reaction elicited after brief contact
- Commonly by detergents, alkalis, solvents

Clinical Manifestations

- The eruptions begin when the causative agent contacts the skin.
- The acute phase includes itching, burning, and erythema, followed closely by edema, papules, vesicles, and oozing.
- In the subacute phase, these vesicular changes are less marked, and they alternate with crusting, drying, fissuring, and peeling.

- If repeated reactions occur or if the patient continually scratches the skin, lichenification and pigmentation occur.
- Secondary bacterial invasion may follow.





Medical Management

- The objectives of management are to rest the involved skin and protect it from further damage.
- A detailed history is obtained.
- The offending irritant is removed.
- Local irritation should be avoided, and soap is not generally used until healing occurs.

- ❖ Rest & liquid application
- ❖ Nonsteroidal preparation
- ❖ Daily 10 min soaks in cool 0.65% aluminium acetate solution
- ❖ Saline or tap water & soaks followed by a smear of corticosteroid cream or lotion

❖ potassium permanganate

❖ Calamine lotion

❖ Wet wrap dressing: esp. in children a bath

followed by steroid application covered with

double layers of tubular dressing

- Systemic corticosteroids and antibiotics in case of extensive contact dermatitis

Atopic dermatitis

- ⚙ Means without place in greek
- ⚙ Is a state in which exuberant production of IgE occurs as a response to common environmental allergens
- ⚙ Atopic patient develop one or more of atopic diseases as asthma, hay fever, & food allergies

- Cardinal feature is itching
- Lubrication of dry (xerotic) skin, restoration of skin barrier function.
- Topical immunomodulators (pimecrolimus , tacrolimus).
- Corticosteroids, phototherapy for severe inflammation and pruritus.
- Reduction of stress reduces flares.
- Antibiotics for secondary infection as needed





Seborrhoeic dermatitis

- ✦ Common eczema of the hairy areas show characteristic greasy yellowish scales
- ✦ May be red scaly exudative or dry scaly
- ✦ Affects scalp, ears, eyebrows, face, pre-sternal area, armpits, umbilicus, groin



Napkin (diaper) dermatitis

- Irritant in nature aggravated by waterproof plastic pants, feces, urine
- Moist, erythema of napkin area sparing skin folds .
- Candida superinfection is common.

- The child should be allowed to be free of napkins as much as possible