

Allergic Contact Dermatitis



PLAY PICMONIC

Pathophysiology

Type IV Hypersensitivity

[\(4\) Fork Hiker-sensitive-crying](#)

Allergic contact dermatitis is a part of type IV hypersensitivity, which is a T-cell mediated reaction that occurs 48-72 hours after exposure to the allergen. It is described as a delayed reaction mediated by a cellular response.

Physical Contact with Allergen

[Physical Contact-sports Allergy-alligator](#)

Allergic contact dermatitis is characterized by an inflammatory skin condition that occurs after contact with an allergen, resulting in erythematous, pruritic skin.

Nickel

[Nickel](#)

Nickel is one of the most common substances found as an allergen for allergic contact dermatitis. It can be found as a component of scissors, crochet hooks, and cell phones.

Neomycin

[Neon-mouse](#)

Neomycin is the most common cause of medicine-related contact dermatitis and is usually used to treat otitis externa, superficial eye infections, and bacterial skin infections. Patients with allergic contact dermatitis from neomycin may also have an allergy to aminoglycosides.

Poison Ivy

[Posion Ivy](#)

Poison ivy can cause allergic contact dermatitis due to its oily coating. The resinous coating, called urushiol, should be removed as soon as possible in a 2-hour window by washing the area.

Clinical Features

Urticaria

[UT-car](#)

Contact allergic dermatitis patients can experience urticaria, a raised red area on the skin that occurs with itchiness.

Pruritus

[Prairie-dog](#)

Pruritus, or itchiness, is the most common symptom that presents in patients with allergic contact dermatitis.

Erythematous, Vesicular

[Earth-red In-a-vest](#)

Allergic contact dermatitis is typically erythematous and vesicular.

Diagnosis

Patch Testing

[Patch](#)

If the diagnosis of the specific allergen is still unknown and treatment fails to cure the patient, patch testing should be considered.

Treatment

Avoid Cause

[Avoid-sign Cause-sign](#)

The best management of allergic contact dermatitis is to avoid and remove any allergen causes.

Topical Hydrocortisone

[Topical Hydrant-court](#)

Topical hydrocortisone is a topical steroid used to reduce inflammation.

Antihistamines

[Ant-tie-history-man](#)

Antihistamines are used to treat pruritus in patients.

Cool Water Soaks

[Cool Water](#)

Soak the lesion in soothing cool water for around 20 minutes to help reduce pruritus in patients. The patient can also sprinkle the water with an oatmeal-based bath product.