Phytophotodermatitis

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Clinical Image

This patient is a 65 year old Caucasian female who presented with a Hyperemic, desquamating rash on her hands. The rash was confined more to the dorsum of the hands with a burning sensation and areas of blistering. She noticed the rash 2 days after squeezing limes and then being exposed to sunlight. In consultation with dermatologist she was diagnosed a Photodermatitis. Phytophotodermatitis is one of the 4 cutaneous dermatitis seen in humans. The ingredients needed to produce phytophotodermatitis include temporal exposure to both a photosensitizing substance, such as psoralens, and ultraviolet radiation. The primary skin lesion of phytophotodermatitis may range from delayed erythema (24-48 h) to frank blisters. The patient was seen in consultation with a dermatologist and counselled on avoiding future contact with offending agent (limes). The rash resolved in 3 days without intervention except for symptomatic relief. Topical Steroids, cool wet compresses and NSAIDS are usual treatment options.

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