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Contact Dermatitis

Contact Dermatitis is a reaction of the skin from direct contact with an allergen or an irritant with the surface of the skin. It affects people of all ages. Usually contact dermatitis will subside within 3 to 4 weeks if the irritant or allergen is removed. If the cause is unknown, and the reaction reoccurs, a day-to-day diary may be helpful in determining what it is that you are coming into contact with.

Treatment consists of the following:

1. Identifying and totally avoiding the offending allergen or irritant
2. Treating the dermatitis with medication
3. Protecting yourself from re-exposure

Some tips:

1. Lubricating baths with oatmeal or bath oils are soothing to inflamed skin
2. Liberal use of skin emollients
3. Over the counter antihistamines may be used at night to relieve itching and to help you sleep
4. Calamine lotion
5. Milk soaks

Suggestions/Treatment:
