

Patient Information for Nummular dermatitis

Overview

Nummular dermatitis is a particular form of eczema (atopic dermatitis) characterized by coin-shaped, raised areas on the skin that are scaly.

- The cause of nummular dermatitis is not known, but it is associated with triggers such as frequent bathing, irritating and drying soaps, and exposure to irritating fabrics such as wool.
- Those with nummular dermatitis often have some of the signs and symptoms typically associated with eczema.
- Nummular dermatitis is itchy (pruritic), but it is less itchy than other common diagnoses with scaly plaques, such as psoriasis.
- Winter is usually the time of onset and severity.
- Nummular dermatitis can be chronic, and symptoms can go away and recur indefinitely.

Who's At Risk

Nummular dermatitis may affect people of all ages.

Signs & Symptoms

Nummular dermatitis is most commonly found on the trunk and/or extremities. Round or coin-shaped, pink to red, scaly, raised areas are seen, often with small cracks or superficial breaks in the skin located within.

Self-Care Guidelines

Maintaining healthy skin is very important for sufferers of nummular dermatitis.

- Moisturizing skin-care routines are essential.
- Non-soap cleansers, such as Cetaphil, or moisturizing soaps, such as Dove, are recommended.
- Thick moisturizers such as petroleum jelly, Aquaphor ointment, Eucerin cream, CeraVe cream, and Cetaphil cream should be applied to damp skin daily after bathing.
- Attempt to minimize exposure to heat, humidity, detergents/soaps, abrasive clothing, chemicals, smoke, and stress.
- Fragrance-free laundry detergent may be beneficial.

- Keep the home humid with a humidifier or setting out bowls of water, especially in the bedroom.

When to Seek Medical Care

You should seek medical care if there is a lack of response to self-care measures or the condition worsens or flares.

Treatments Your Physician May Prescribe

Your physician may:

- Prescribe medium- to high-potency topical steroids to apply to the affected areas twice daily.
- Recommend light therapy with ultraviolet B for extensive disease.
- Prescribe oral antihistamines to help relieve itching.
- Prescribe oral or topical antibiotics if the area becomes infected.