Reactive Erythemas

**Erythema multiforme**

**Causes**
- Viral infections, especially: Herpes Simplex
- Mycoplasma
- Bacterial infections
- Fungal infections coccidioidomycosis
- Parasitic infestations
- Drugs
- Pregnancy
- Malignancy, or its treatment with radiotherapy
- Idiopathic 50%
  - Symptoms of an upper respiratory tract infection may precede
  - Annular non-scaling plaques
  - Acrofacial palms, soles forearms and legs
  - Face lesions enlarge and clear centrally
  - Lesion may begin at the same site as the original one
  - Two concentric plaques look like a target lesion
  - Some lesions blister

**Presentation**
- Face lesions enlarge and clear centrally
- Lesion may begin at the same site as the original one
- Two concentric plaques look like a target lesion
- Some lesions blister

**Course**
- Appear for 1–2 weeks
- Site of resolved lesions transiently by grey or brown patches

**Complications**
- Asphyxia
- Blindness
- Anterior uveitis
- Panophthalmitis
- Urinary retention

**Differential diagnosis**
- Annular Urticaria
- Bullous disorders

**Investigations**
- Biopsy
- Herpes simplex PCR
- Tzanck smear
- Mycoplasma Chest x-ray
- Gimsa stain
- Giant multinucleated cells
- Identify and remove its cause

**Treatment**
- Identify and remove its cause
- Bed rest and leg elevation
- NSAIDs
- Antibiotic
- Antihistamines
- IVIg
- Ciclosporin
- Good nursing care
- HSV Valciclovir

**Erythema nodosum**

**Causes**
- Infections
  - Bacteria (e.g. streptococci, tuberculosis, brucellosis, leprosy, yersinia)
  - Viruses
    - Mycoplasma
    - Rickettsia
    - Chlamydia
  - Fungi (especially coccidioidomycosis)
  - Drugs (e.g. sulphonamides, oral contraceptive agents)
  - Systemic disease (e.g. sarcoidosis, ulcerative colitis, Crohn’s disease, Behçet’s disease)
  - Pregnancy

**Presentation**
- Tender red nodule
- Forearms Site
- Thighs, face, breasts
- Painful joints
- Fever
- Cellulitis or abscess
- Phlebitis

**Course**
- Resolve in 6–8 weeks
- Walking is difficult

**Differential diagnosis**
- Cellulitis or abscess
- Phlebitis
- Antistreptolysin-O (ASO) titre
- Serological testing

**Investigations**
- Chest x-ray
- Antistreptolysin-O (ASO) titre
- Serological testing

**Treatment**
- Identify and eliminate its cause
- Bed rest and leg elevation
- NSAIDs
- Antibiotic

**Urticaria**

**Causes**
- Immunological reaction
- Inflammation of the subcutaneous fat

**Presentation**
- Shins
- Thighs, face, breasts
- Painful joints
- Fever

**Course**
- Resolve in 6–8 weeks
- Walking is difficult

**Differential diagnosis**
- Cellulitis or abscess
- Phlebitis
- Chest x-ray
- Antistreptolysin-O (ASO) titre
- Serological testing

**Investigations**
- Chest x-ray
- Antistreptolysin-O (ASO) titre
- Serological testing

**Treatment**
- Identify and eliminate its cause
- Bed rest and leg elevation
- NSAIDs