

Dyshidrotic Eczema

Dyshidrotic eczema is a condition in which small blisters develop on the hands and feet. Blisters are often itchy.

CAUSES

People are more likely to develop dyshidrotic eczema when:

They are under stress

They have allergies, such as hayfever (Allergic Rhinitis)

Their hands are often in water or moist

The cause is unknown. The condition seems to appear during certain times of the year.

SYMPTOMS

Small fluid-filled blisters called vesicles appear on the fingers, hands, and feet. They are most common along the edges of the fingers, toes, palms, and soles. These blisters can be very itchy. They also cause scaly patches of skin that flake or get red, cracked, and painful.

Scratching leads to skin changes and skin thickening. Large blisters may cause pain.

TREATMENT

Treatment is usually a prescription topical corticosteroid as needed