# Hand Dermatitis

Hand dermatitis is a skin problem. Small, itchy, raised dots or blisters appear on the palms of the hands. The feet may also be affected. You or your child may have very bad itching or pain. There may be cracks on the fingers or toes. The cause is not known. This happens most often to people with a history of allergies. Chemicals or injuries to the skin can make the problem worse. Hand dermatitis can last 3 to 4 weeks.

**HOME CARE**

- Avoid washing your hands too much.
- Steroid creams and ointments (*1% hydrocortisone cream*) can help. These should be used at least 2 to 4 times every day. Your doctor may give you a stronger steroid cream.
- Moisturizers work well.
- If the dermatitis is very bad, certain medicines (*oral cortisone or antibiotics*) may be needed.
- Wet cloths (*compresses*) or cold packs can help.
- Your doctor may give you anti-itching medicine.
- Avoid all harsh chemicals. Wear gloves when using chemicals, including shampoo or hair products.

GET HELP IF:

- The rash is not better after 1 week of treatment.
- You or your child has a temperature by mouth above 102° F (38.9° C).
- There is more puffiness (*swelling*), blistering, or fluid (*pus*) comes from the wound.
- The rash is spreading.

**MAKE SURE YOU:**

- Understand these instructions.
- Will watch this condition.
- Will get help right away if you or your child is not doing well or gets worse.

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