



Anne Arundel  
DERMATOLOGY

# PEDIATRIC DERMATOLOGY

*common skin conditions*





**FREQUENT SKIN CONDITIONS SEEN IN CHILDREN** - Although treatments vary from patient to patient, it is always best to determine a treatment option with your dermatologist.

## ATOPIC DERMATITIS (ECZEMA)

Atopic dermatitis, also called *eczema*, is a common and chronic skin condition.

### **Symptoms:**

- Skin appears inflamed, red, itchy, and dry.
- In infants - rash starts as a dry red rash on the cheeks and around the mouth
- In children - rash may be on the arms, legs, or in other areas where they are able to scratch.
- In teenagers- the rash is often on the inside of the elbows and knees, on the hands and feet, and around the eyes.

### **Treatment Options:**

There is no cure, but there are recommendations to help manage this skin problem.

## PSORIASIS

Psoriasis is a common, chronic condition and can develop at any age – from infancy to adulthood. One-third of psoriasis patients develop the condition before the age of 2.

### **Symptoms:**

- Red plaques with thick scales formed on the skin
- Appears as dry, red, scaly patches
- Itchy patches that sometimes burn

### **Treatment Options:**

There is no cure for psoriasis, but many treatment options are available depending on where it is located on the body and the severity of the disease.

## MOLLUSCUM CONTAGIOSUM

Molluscum contagiosum is a viral skin infection seen most commonly in young to school-age children.

### **Causes:**

- Sharing towels, clothing, personal items, and gym mats with someone who has molluscum
- Siblings bathing together and swimming together

### **Symptoms:**

- Small bumps on the skin anywhere on the body
- Lasts for a period of several months to years

### **Treatment Options:**

- Resolves on its own over time
- Management options, such as no active treatment/monitoring alone
- Topical therapy
- Direct destructive treatment

## WARTS

Warts are common viral infections caused by the human papillomavirus (HPV). There are many different strains of this virus, causing different types of warts, and specific tests are usually not necessary.

### **Treatment Options:**

- Warts can go away without treatment as our immune system learns how to fight them
- About 60% of warts will disappear within about two years
- For in-office treatments, multiple visits are usually required

## ACNE

Most people get at least some acne, especially during their teenage years.

### **Causes:**

- Acne is the result of changes that occur during puberty.
- Stress is known to aggravate acne

### **Treatment Options:**

- Some lifestyle changes can be beneficial, including eating a balanced diet
- Topical and/or oral medications can be used
- Two to three months of consistent daily treatment is often needed

## BACTERIAL SKIN INFECTIONS

Staphylococcus aureus ("Staph") and Streptococcus pyogenes ("Strep") are the bacteria that cause most skin infections.

### **Causes:**

Skin infections can be caused by bacteria, viruses, fungi, or parasites.

### **Symptoms:**

- Red, painful skin, sometimes around a cut, scrape, or another skin injury
- Pus or fluid leaking out of the skin
- A painful, red, warm lump under the skin
- Crusts or blisters with redness on the skin

### **Treatment**

Depending on the type of bacterial skin infection, antibiotics can be used for treatment.

## HIVES

Hives can appear anywhere on the body. They can be different sizes, from very small to quite large.

### **Symptoms:**

- Pink or red puffy spots
- Red puffy spots ("welts") on the skin
- Swelling on the hands and feet

### **Treatment:**

- None - 80% of cases will end within two weeks.
- Over-The-Counter medicine can be used, or a stronger antihistamine can be prescribed by a medical professional

## SCHEDULE AN APPOINTMENT



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