

PITYRIASIS ROSEA

Pityriasis rosea

- Acute self limiting condition of unknown aetiology.
- May be reactivation of herpes simplex type 6/7 which causes roseola infantum.

Disclaimer:
Read the disclaimer at medimaps.co.uk/disclaimer

References:
1. cks.nice.org.uk
2. GP Update
3. PCDS.org.uk
4. Dr George Moncleuf, webinar Feb 2021

Images from Primary care dermatology society website pcds.org.uk

Symptoms

- Herald patch appears few days beforehand.
- Usually on abdomen or arm.
- 2-5 cm, bright red with fine scales and well demarcated.

followed by

- Pink macules.
- Some have peripheral scale.
- In dark skin can cause hypo or hyperpigmentation.

Management

- No specific treatment.
- Resolves in 2-3/12.
- If itchy can use moisturiser and mild steroid.
- Piriton if itch at night.
- Can leave hyperpigmentation/hypopigmentation for months afterwards.
- If pregnant discuss urgently with obstetrics.

