

Effective prevention and treatment of contact dermatitis

Saary J, Qureshi R, Palda V, et al. A systematic review of contact dermatitis treatment and prevention. *J Am Acad Dermatol* 2005; 53:845-855.

■ Clinical Question

What modalities are effective in the prevention and treatment of contact dermatitis?

■ Bottom Line

Barrier creams, high-lipid-content moisturizing creams, fabric softeners, and cotton glove liners are effective for preventing irritative contact dermatitis. Rhus dermatitis can be reduced or prevented with quaternium 18 bentonite (organoclay) lotion and a topical skin protectant. The chelator diethylenetriamine pentaacetic acid is effective in preventing nickel, chrome, and copper dermatitis. Steroid preparations are effective in the treatment of both irritative and contact dermatitis. (LOE=1a-)

Study Design

Systematic review

Funding

Government

Setting

Various (meta-analysis)

Synopsis

Contact dermatitis is a common primary care disease. These investigators searched multiple databases including Medline, EMBASE, the Cochrane Registry of Clinical Trials, and references of relevant articles and reviews. Two authors independently reviewed the studies for both eligibility and methodologic quality. A third author arbitrated disagreements. Only controlled trials in the English language were included. From 413 initial articles,

only 49 met eligibility criteria. Of these, 12 were rated as good quality, 16 were rated as fair, and 21 were rated as poor and were not included in the final analyses.

Barrier creams (eg, Dermashield, Uniderm, Dermofilm), high-lipid-content moisturizing creams (eg, Keri lotion, Petrolatum, coconut oil), fabric softeners, and cotton glove liners are effective for preventing irritative contact dermatitis. Rhus dermatitis can be reduced or prevented with quaternium 18 bentonite (organoclay) lotion (Ivy Block) and a topical skin protectant. The chelator diethylenetriamine pentaacetic acid is effective in preventing nickel, chrome, and copper dermatitis (common components of jewelry). Steroid preparations are effective in the treatment of both irritative and contact dermatitis. The authors did not mention an evaluation for publication bias.

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FAST TRACK

Rhus dermatitis can be reduced or prevented with bentonite clay lotion and a topical skin protectant