

## Dermatite de Contato por Exposição Lixívia

### Contact Dermatitis by Bleach Exposure

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**Palavras-chave:** Dermatite Alérgica de Contato; Dermatite de Contato; Desinfetantes; Exatema/induzido quimicamente.

**Keywords:** Dermatitis, Allergic Contact; Dermatitis, Contact; Disinfectants; Exanthema/chemically induced.

A 68-year-old woman with a history of arterial hypertension, obesity, hypothyroidism, and chronic alcoholism presented to the Emergency Department with itchy erythe-

matous skin lesions. The patient was subsequently transferred to the Dermatology ward, where a biopsy of one of the skin lesions was performed. Histopathological examination confirmed the diagnosis of contact dermatitis.

Contact dermatitis caused by exposure to bleach is a prevalent skin condition and represents the primary form of contact dermatitis associated with cleaning activities. Sodium hypochlorite, the active component in bleach, is primarily responsible for triggering contact dermatitis. Upon contact with the skin, it can compromise the natural protec-



**Figure 1:** Photograph of the feet of the 68-year-old woman with generalized contact dermatitis.

matous skin lesions. The patient had a recent contact with bleach on her hands, 15 days before. The lesions started in the hands and progressed to involve the entire body within 5 days. On examination, a desquamative rash was observed, sparing the mucous membranes. Laboratory analysis revealed eosinophilia and monocytosis. All the patient's regular medications (perindopril 5 mg and levothyroxine 0.75 mcg)

were discontinued. The patient was subsequently transferred to the Dermatology ward, where a biopsy of one of the skin lesions was performed. Histopathological examination confirmed the diagnosis of contact dermatitis. Contact dermatitis caused by exposure to bleach is a prevalent skin condition and represents the primary form of contact dermatitis associated with cleaning activities. Sodium hypochlorite, the active component in bleach, is primarily responsible for triggering contact dermatitis. Upon contact with the skin, it can compromise the natural protective barrier and elicit an immune reaction.<sup>1</sup> Contact dermatitis can manifest with varying degrees of severity, ranging from mild irritation to more significant reactions. The management of contact dermatitis primarily aims to alleviate symptoms and facilitate skin recovery. This typically involves the application of topical corticosteroids to reduce inflammation, the use of moisturizers to hydrate the skin, and antihistamines to alleviate itching.<sup>2</sup> ■

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**Figure 2:** Photograph of the left hand of the 68-year-old woman with generalized contact dermatitis.

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RS, CS, CV – Elaboração e revisão do artigo

Todos os autores aprovaram a versão final a ser publicada.

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MHS, RSP, AMG - Drafting and revising the article

All authors approved the final draft.

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