

Skin disease in pregnancy

MONTSERRAT ZARAGOZA FERNÁNDEZ, JAVIER ESCUDERO MUÑOZ,
PEDRO HERNÁNDEZ ARENILLAS, CARMEN CALVO FERNÁNDEZ

Servicio de Urgencias. Hospital Virgen del Puerto. Cáceres, Spain.

A 32 year-old woman attended the emergency department for pruritic papules which coincided with 22 weeks of pregnancy, with no systemic symptoms. She presented an intensely itchy form of dermatosis known as PUPP (pruritic urticarial papules and plaques of pregnancy) that usually appears in the third trimester of pregnancy. It manifests as erythematous, urticarial papules and plaques, sometimes accompanied by small vesicles that start on the abdomen and may extend to the

legs, buttocks, arms and sides of the trunk, then usually disappear after delivery. Treatment is based on topical moisturising creams or aqueous/emollient ointments and oral antihistamine (the most appropriate during pregnancy is dexchlorpheniramine), and only in very severe cases low-dose oral corticosteroids can be used. Exceptionally, PUPP has been associated with fetal death, so fetal monitoring is recommended until the condition resolves.



Figure 1. Erythematous papules on the abdomen and base of the feet and hands of the pregnant woman in the present case.

CORRESPONDENCE: M. Zaragoza Fernández. Servicio de Urgencias. Hospital Virgen del Puerto. Prje. Valcorchero, s/n. 10600 Plasencia (Cáceres). E-mail: montsezaragoza@hotmail.com

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