

Pityriasis Rosea

Definition

- Pityriasis Rosea (PR) is a widespread skin rash
- Special finding: a large "herald patch" that precedes the rash by 1 to 2 weeks

Health Information

Symptoms

- The rash begins with a large, scaly, pink patch on the chest or back. This is called a "herald" or "mother" patch. It looks like a large ringworm and is 1 to 3 inches across.
- A widespread rash of smaller matching spots on both sides of the body. This occurs 7 to 14 days after the herald patch first appears.
- This rash consists of pink, oval-shaped spots that are 1/4 to 1/2 inch across. The spots are covered with fine scales. This gives the rash a crinkled appearance.
- The rash appears mainly on the chest, stomach, and back. Often, it is worse in the groin and armpits. Usually, the rash does not occur on the face.
- The rash can be itchy during the first one or two weeks.
- Age Range. Usually affects people between the ages of 6 and 35 years.

Cause

- The cause is unknown. It's probably caused by a virus.
- Fungus, bacteria, and allergy have been proven not to be the cause.

Care Advice

1. Overview:

- Pityriasis Rosea (PR) is a harmless rash that will go away on its own.
- It lasts 6-10 weeks. During this time your child will feel fine except for some itching
- Here is some care advice that should help.

2. Moisturizing Cream:

- Buy a large bottle of moisturizing cream (avoid those with fragrances).
- Put the cream on any dry or itchy area 3 times per day.
- After warm water baths or showers, trap the moisture in the skin. Do this by putting on the cream everywhere after bathing. Use the cream within 3 minutes of completing the bath.
- Avoid soap during bathing. Reason: soap makes the skin dry and more itchy.

3. Steroid Cream:

- For very itchy spots, use 1% hydrocortisone cream. No prescription is needed.
- Use up to 3 times per day as needed until the itching is better.
- Eventually, the moisturizing cream will be all that you need.

4. Sunlight Exposure:

- One dose of ultraviolet light can stop itching and shorten the course of PR.
- Have your youngster sunbathe for 30 minutes (enough to make the skin pink). Do this only once.
- If this is not possible, consider a tanning salon once. **Caution:** Avoid sunburn.

5. **What to Expect:**

- Itching usually lasts 1 - 2 weeks
- The rash goes away on its own in 6 to 10 weeks.

6. **Return to School:**

- Your child does not need to miss any school or gym.
- Pityriasis rosea does not spread to others.

Call Your Doctor If

- Rash becomes very itchy
- Rash becomes infected with pus or draining scabs
- Rash lasts longer than 3 months
- You think your child needs to be seen
- Your child becomes worse

Pediatric Care Advice

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