Diagnosis: NICKEL CONTACT DERMATITIS

GENERAL INFORMATION:
- Most common presentation is an erythematous scaly plaque under the umbilicus secondary to nickel-containing snaps on pants.
- May also present around the ears, neck, wrist, cheeks, or axilla, corresponding to contact with jewelry, watches, cell phones, or razors.
- Sometimes, especially in severe cases, may be accompanied by "id reaction" with scattered skin-colored papules often concentrated on the forehead, elbows and/or knees.

TREATMENT RECOMMENDATIONS:
- Avoid nickel-containing products!
  - Common sources of nickel are belt buckles, buttons on jeans, and costume jewelry
  - In general, >22k gold, titanium, and platinum jewelry is safe to use
  - If complete avoidance is not possible (e.g. school uniform), to minimize contact of skin with nickel, can apply clear nail polish to the nickel containing metal. The clear nail polish will need to be periodically reapplied. Shirts or clothing may also be tucked in.
- Consider using triamcinolone 0.1% ointment (or other Class 1, 2, or 3 topical steroid) to help symptoms of pruritus; however, the rash will not resolve or will recur with continued or repeat exposure to nickel.

<table>
<thead>
<tr>
<th>Class 1 (Ultrapotent)</th>
<th>Class 2 (High Potency)</th>
<th>Class 3 (High Potency)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Clobetasol propionate 0.05% ointment, cream</td>
<td>Amcinonide 0.1% ointment</td>
<td>Amincione 0.1% cream</td>
</tr>
<tr>
<td>Betamethasone dipropionate 0.05% ointment</td>
<td>Betamethasone dipropionate 0.05% ointment, cream</td>
<td>Betamethasone dipropionate 0.05% cream</td>
</tr>
<tr>
<td>Difluransone diacetate 0.05% ointment</td>
<td>Clobetasol propionate 0.05% solution</td>
<td>Betamethasone valerate 0.1% ointment</td>
</tr>
<tr>
<td>Fluocinonide 0.1% cream</td>
<td>Desoximetasone 0.025% ointment, cream</td>
<td>Difluransone diacetate 0.05% cream</td>
</tr>
<tr>
<td>Flurandrenolide tape 4 mcg/cm2</td>
<td>Difluransone diacetate 0.05% ointment, cream</td>
<td>Fluticasone propionate 0.005% ointment</td>
</tr>
<tr>
<td>Halobetasol propionate 0.05% ointment, cream</td>
<td>Flucinonide 0.05% ointment, cream</td>
<td>Triamcinolone acetonide 0.1% ointment</td>
</tr>
</tbody>
</table>

- Dimethylglyoxime test is a home test that can be used to check nickel content

RESOURCES:
- Websites with nickel-free products
  - www.simplywhispers.com
  - www.blomdahl.stores.yahoo.net
  - www.jrose.com
  - www.allerderm.com
  - https://www.dermatitisacademy.com/author/dablog/

REFERRAL GUIDELINES: Generally, not necessary as management involves avoidance of nickel and symptomatic management.