



Texas Children's Hospital
Dermatology Service
PCP Referral Guidelines- Nickel Contact Dermatitis

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 with 3 columns: Class 1 (Ultrapotent), Class 2 (High Potency), and Class 3 (High Potency). Lists various steroid treatments and their formulations.

- 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
www.delasco.com/pcat/3/Self-Help_Products/Spot-Test-P/Spot_Test-P/
https://www.dermatitisacademy.com/author/dablog/

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

Educational recommendations are made from the best evidence, expert opinions and consideration for the patients and families cared for by the service. This is NOT intended to impose standards of care preventing selective variation in practice that are necessary to meet the unique needs of individual patients. The physician must consider each patient's circumstance to make the ultimate judgment regarding best care.