



# Erythematous Papules & Pustules

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A 39-year-old male presents to the dermatology clinic with erythematous papules and pustules on the bottom of his feet. The lesions have been present for approximately five years.

## 1. What is the most likely diagnosis?

- Nummular eczema
- Allergic contact dermatitis
- Tinea pedis
- Impetiginized dermatitis
- Pustular psoriasis

## 2. How would you manage these lesions?

- Topical steroids
- Psoralen plus ultraviolet irradiation (PUVA)
- Methotrexate
- Systemic retinoids
- All of the above

Pustular psoriasis (answer e), a chronic relapsing or recalcitrant disease, may present as one of two clinical variants, generalized pustular psoriasis (von Zumbusch) or a localized form known as pustulosis palmaris et plantaris (PPP).

Generalized pustular psoriasis is characterized by the acute eruption of pustules, typically measuring between 2 and 3 mm in diameter, and a fever that lasts several days. Pustules are most often located over the trunk, extremities, nail beds, palms, and soles and are surrounded by erythema that may spread and lead to erythroderma.

PPP is a chronic recurrent pustular dermatosis that occurs only on the palms and soles. The first pustules emerge within a few hours, measure 2 to 4 mm in diameter, and are nearly equal in size. Individual pustules then become encircled by an erythematous ring, and there may be intervals of new pustular eruptions,



but the lesions remain confined to the palms or soles. Over time, older pustules change from a yellow colour to dark brown, and once the pustules are dried, they are shed. The skin may become thickened and hyperkeratotic. PPP is largely asymptomatic, but it can cause significant disability, causing pain and difficulty using the hands or feet if there is significant involvement.

The management of either form of pustular psoriasis depends on the severity of the disease; topical steroids, PUVA, methotrexate, or systemic retinoids may be considered. More recently, biologic therapies have been investigated to assess the efficacy and safety in the treatment of this condition. **Dx**

Answers: 1-e; 2-e

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