



COMMON DERMATOLOGIC DISORDERS CHICKEN POX

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DEFINITION



1. Highly contagious illness caused by primary infection with varicella zoster virus (VZV).
2. It usually starts with vesicular skin rash mainly on the body and head.
3. lesions at various stages of healing.
4. an airborne disease spread easily through coughing or sneezing
5. direct contact with secretions from the rash.
6. Immunocompromised patients are contagious during the entire period.
7. Varicella has a prevalence that is stable from generation to generation
8. primarily a disease of children, with most cases occurring during the winter and spring.
9. Exposure to VZV in a healthy child initiates the production of host immunoglobulin G (IgG), immunoglobulin M (IgM), and immunoglobulin A (IgA) antibodies.
10. Reactivation of VZV results in the clinically distinct syndrome of herpes zoster (i.e., *shingles*), postherpetic neuralgia

SIGNS AND SYMPTOMS

Symptoms (more severe in adults)

1. myalgia, itching, nausea, fever,
2. headache, sore throat, diarrhea,
3. pain in both ears, swollen face
4. complaints of pressure in head
5. malaise in adolescents and adults
6. development of a vesicular rash
7. severe back pains to the lower back, and loss of appetite

Signs

1. Temperature of 38 and in some cases 42 degree.
2. vesicular rash
3. malaise

Diagnosis

1. Characteristic rash
2. examination of the fluid within the vesicles of rash
3. testing blood for evidence of an acute immunologic response
4. Prenatal diagnosis of fetal varicella infection can be performed using ultrasound,
5. acute infection (IgM) or previous infection and subsequent immunity (IgG).



TREATMENT



1. no actual cure of the condition
2. Varicella treatment mainly consists of easing the symptoms
3. stay at home while they are infectious to avoid spreading
4. The condition resolves by itself within a couple of weeks
5. pati maintain good hygiene and daily cleaning of skin with warm water to avoid secondary bacterial infection.
6. Scratching may also increase the risk of secondary infection ents must pay attention to their personal hygiene
7. infectious stage does not take longer than a week or two
8. application of calamine
9. topical barrier preparation containing zinc oxide lotion.
10. oral acyclovir is started within 24 hours of rash onset it decreases symptoms by one day but has no effect on complication rates
11. acyclovir or valacyclovir is generally advised in adults as condition may get fatal.
12. Sorivudine, a nucleoside analogue has been reported to be effective in the treatment of primary varicella in healthy adults.



NOTES TO REMEMBER

1. Varicella late onset in adulthood is shingles.
2. Varicella can be fatal in immunocompromised patients like HIV positive patients
3. Infection in pregnancy could lead to congenital varicella syndrome
 - Damage to brain: encephalitis, microcephaly, hydrocephaly, aplasia of brain
 - Damage to the eye: optic stalk, optic cup, and lens vesicles, microphthalmia, cataracts, chorioretinitis, optic atrophy
 - Other neurological disorder: damage to cervical and lumbosacral spinal cord, motor/sensory deficits, absent deep tendon reflexes,
4. Infection late in gestation or immediately following birth is referred to as "*neonatal varicella*"
5. A varicella vaccine was first developed by Michiaki Takahashi in 1974 derived from the Oka strain
6. In the UK, the vaccine is currently only offered to people who are particularly vulnerable to chickenpox.
7. Aspirin, or products containing aspirin, should not be given to children with chickenpox as it can cause Reye's Syndrome.

IMPACT OF DISEASE ON COSMETIC PROCEDURES



1. The vesicular rash are highly contagious therefore any cosmetic procedure should be avoided while they presence.(contraindication)
2. Secondary bacterial infection of skin lesions, manifesting as impetigo, cellulitis, and erysipelas, is the most common complication in healthy children.
3. A better approach to this patient is when all rashes are disappeared to reduce the chance of spreading virus via cosmetic procedures.