

SEVERE BULLOUS REACTION TO AN OVER THE COUNTER TOPICAL SALICYLIC ACID-LACTIC ACID SOLUTION USED TO TREAT RECALCITRANT PLANTAR WARTS

REAȚIE BULOASĂ SEVERĂ LA APLICAREA UNEI SOLUȚII PE BAZĂ DE ACID SALICILIC ȘI ACID LACTIC PENTRU TRATAREA VERUCILOR PLANTARE

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Abstract

Keywords:

bullous reaction, over the counter, salicylic acid, lactic acid, plantar warts

Background: Plantar warts are a common cutaneous disorder of viral origin. There are many treatment modalities for this disorder.

The purpose of this paper was to present the case a 12-year old boy, brought by his mother for a 3-day history of pain and swelling of the left foot, following the application of a topical, over-the-counter solution containing salicylic and lactic acids. Our goal was to establish a treatment to control the disease.

Materials and methods: Examination revealed a hyperkeratotic, multiloculated lesion, with underlying bullae on the anterior left sole, associated with an erythematous streak of lymphangitis going up to his leg. Results: The bulla was excised and the resulting wound treated with topical povidon iodine solution, which the patient was instructed to apply daily.

The patient was also recommended amoxicillin-clavulanic acid combination and he improved. Finally, the patient was treated with a cream containing a hyaluronic acid-sulphadiazine cream, which completed the healing process.

Conclusions: There are many treatment modalities for plantar warts. The salicylic-lactic acid solution used by this patient was containing 167 mg/mL of each active ingredient. Care must therefore be exercised in the treatment of patients and in informing patients, who may apply the low concentration, over the counter topical salicylic acid in the full belief they are safe from side effects.

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Rezumat

Cuvinte-cheie:

reacție buloasă,
fără prescripție,
acid salicilic,
acid lactic,
veruci plantare

Introducere: Verucile plantare sunt infecții cutanate virale frecvente. Există multiple alternative terapeutice pentru această afecțiune.

Această lucrare prezintă cazul unui pacient în vârstă de 12 ani, care se prezintă pentru o leziune dureroasă, edematoasă la nivel plantar, debutată în urma aplicării unei soluții pe bază de acid salicilic și acid lactic. Scopul autorilor a fost stabilirea unei conduite terapeutice adecvate.

Materiale și metode: Examenul clinic a evidențiat prezența unei leziuni hiperkeratozice, multiloculate, cu bulă periferică la nivelul plantar, asociată cu prezența unei benzi ascendente de limfangită.

Rezultate: Bula a fost excizată, iar rana rezultată, tratată cu soluție iodată zilnic. Pacientului i-a fost de asemenea recomandat tratament sistemic cu amoxicilină și acid clavulanic, cu evoluție favorabilă. În cele din urmă, pacientul a fost tratat cu o cremă conținând acid-sulfadiazină, urmată de vindecarea completă a leziunii.

Concluzii: Există multiple metode de a trata verucile plantare. Soluția pe bază de acizi salicilic-lactic utilizată de pacient conținea 167 mg/ml din fiecare acid. Este necesar ca pacienții să primească instrucțiuni clare cu privire la modul de aplicare al acestora, precum și recomandarea de a utiliza soluțiile în concentrații mai mici.

Case report

A 12-year old boy, brought by his mother, presented with a 3-day history of pain and swelling of the left foot. This had followed the application of a topical, over-the-counter solution containing salicylic and lactic acids in equal concentrations. The mother also stated that, prior to each application, the child's foot had been soaked in a salt bath to "soften" the lesions.

Examination revealed a hyperkeratotic, multiloculated, lesion, with underlying bullae on the anterior left sole (Figure 1) (1) associated with an erythematous streak of lymphangitis going up to his leg.



Figure 1. Hyperkeratotic, multiloculated, lesion, with underlying bullae

The bulla was excised and the resulting wound (Figure 2) treated with topical povidon iodine solution, which the patient was instructed to apply daily. The patient was also recommended amoxicillin-clavulanic acid combination and he improved. Finally, the patient was treated with a cream containing a hyaluronic acid-sulphadiazine cream, which completed the healing process (Figure 3).



Figure 2. Excised bullae and the resulting wound



Figure 3. The healing process almost completed

Discussions

Plantar warts are a common cutaneous disorder of viral origin. There are many treatment modalities for this disorder. The salicylic-lactic acid solution used by this patient contained 167 mg/mL of each active ingredient.

Salicylic acid appears to work as a keratolytic agent, dissolving the intercellular bonds, thus destroying the tissue invaded by the virus and the irritation caused by treatment may also stimulate an immune response that may be detrimental to the virus (1, 2).

It is a cheap and effective method of treatment and is considered superior to placebo (3).

Side effects may include local irritation (1, 2) (for that reason facial application is to be avoided), burning sensation, pain and possibly blister forma-

tion. The latter appeared in up to 13% of patients in an isolated study (4) using 15% salicylic acid and 15% lactic acid topically.

Care must therefore be taken in the treatment and provision of information to patients, as they may apply the low concentration, over the counter topical salicylic acid in the full belief they are safe from side effects.

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