



UNIVERSITY OF MARYLAND UNIVERSITY HEALTH CENTER

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Pityriasis Rosea

Pityriasis Rosea is an acute, self-limited rash of unknown cause. It is very common on young adults, and can increase in the spring and fall. ***It is not contagious!!***

Frequently patients will complain of noticing an area of dry, scaly skin, that spreads to the chest, back, or abdomen. The rash can be somewhat itchy. The rash can resemble syphilis, and this can be ruled out with a blood test.

Treatment

The rash can be really ugly and embarrassing if you develop a moderate to severe case. It is self-limiting, and goes away without treatment. You may need to use Benadryl or other antihistamines for itching. Moisturizers and oatmeal soap can help tremendously with itching and dry skin.

Some patients can have a reoccurrence.

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