

Blisters, Bubbles, and Other Eczema Flare-Ups

Let's face it # eczema is not pleasant to look at, not for the person who has it or for people looking at that person. Many people with the skin affliction understandably feel self-conscious about their appearance. Sometimes blisters and bubbles develop as a result of allergies and inflammation of the skin. This is most common in cases of people who suffer from allergic contact eczema, sometimes referred to as allergic contact dermatitis, and irritant-contact eczema. Eczema is defined as: A form of dermatitis, which is a skin irritation, characterized by red, flaky skin, sometimes with cracks or tiny blisters. These blisters may also look like bubbles just below the surface of the skin. Itching and dryness are the two greatest enemies of this skin condition. Therefore keeping the skin well moisturized at all times are paramount to the reduction of flare-ups.

Contact eczema or contact dermatitis occurs when the skin touches something that irritates it. This ignites an allergic reaction. This can occur as a result of close contact with latex, solvents, chemicals, nickel, harsh detergents, or specific plants, for example, poison oak, poison sumac or poison ivy. The inflammation that arises as a result of the allergic reaction can cause blisters and/or bubbling of the skin. Sometimes an autoimmune disease occurs as a result of contact eczema that causes blisters appearing on the skin. Autoimmune disease occurs when your own body turns on itself and attacks your skin. The cause is unknown.

A blister is defined as a bubble of fluid beneath the skin. Serum is the clear, watery liquid inside a blister. The serum leaks in from neighboring tissues in reaction to injured skin. If the blister remains closed, serum can provide natural protection for the skin beneath it. Vesicles are small blisters. Bullae are blisters that are larger than half an inch. A blood blister, rather than serum, is filled with blood. These two, allergic contact dermatitis and irritant contact dermatitis are the types of eczema that often cause blisters. Other kinds don't result in blisters.

The most common symptoms of eczema eruptions include a rash, very dry, raw and itchy skin as well as skin that is flaky, red, and inflamed. When most severe, eczema can result in scaly, crusty, and cracked skin that can bleed or weep fluid. This is not only unsightly but very painful as well. Infants most commonly develop patchy rashes on their face, elbows, and knees. Older children and teenagers commonly develop an unsightly and itchy eczema rash on the sides of their neck, their wrists and hands, inside the elbows, behind the knees and the ankles. Finally, adults experience eczema rashes commonly on their hands, arms, legs, and neck. While it is less common for adults to develop eczema on their face, it does occasionally happen.

It can not be over-emphasized that in order to fight eczema and to discourage flare-ups, it is of utmost importance to moisturize your skin twice daily and to be committed to doing so regularly. Hydrated skin is healthy skin. Dry skin, on the other hand, is more likely to break or crack, especially when scratched. Whatever you do, don't let your skin get thirsty and lacking moisture. Moisturize your skin as often as possible, and moisturize yourself on the inside as well by drinking plenty of purified water every day.