Billings Clinic’s Dermatology Center offers complete dermatology care, skin cancer detection and treatment services.

Walk-in care is available on Tuesdays and Thursdays from 1 to 3 pm. Please call ahead to ensure walk-in clinic hours.

To confirm walk-in availability or to make an appointment, please call 238-2501 or 1-800-332-7156.

At Billings Clinic you will always see a board-certified dermatologist.

Billings Clinic Dermatology Center
Second Floor - 801 North 29th Street, Billings
Hand Dermatitis

Hand rashes can be difficult to manage because our hands come into contact with many things in our environment throughout the day. We call this type of reaction to substances, contact dermatitis. Contact dermatitis is divided into two categories: irritant contact dermatitis and allergic contact dermatitis.

Irritant contact dermatitis is caused by harsh chemicals or soaps that strip the natural oils from the skin, leaving it feeling dry and cracked. Moisturizing your skin regularly, particularly after washing, can be helpful.

Allergic contact dermatitis occurs when your immune system becomes hyperactivated toward a certain chemical, resulting in an allergic response. The skin becomes red, itchy and scaly, and sometimes blisters form. The chemical allergen must be completely avoided for the problem to resolve and improvement can take several weeks. Topical prescription steroids can help. Patch testing is the most effective tool for determining whether the rash is due to an allergy. This useful test allows us to check for an allergic reaction to many common chemicals, such as fragrances and preservatives, that we come into contact with on a daily basis.

If you have hand dermatitis, a visit with a dermatologist can be very helpful in determining the cause and in finding a cure. Prior to seeing a dermatologist you can take a few steps in an attempt to clear the problem yourself by following these recommendations:

1. Use only a gentle cleanser every time you wash your hands, including after using the bathroom, at work and in the shower. Examples include:
   - Cera Ve Hydrating Cleanser
   - Vanicream Cleansing Bar
   - Cetaphil Gentle Skin Cleanser

2. Apply a moisturizer several times a day to your hands, especially after washing and at night before bed. Use only these examples which are free of common allergens.
   - Vaseline 100% Pure Petroleum Jelly
   - Cera Ve Cream
   - Cetaphil Therapeutic Hand Cream
   - Aveeno Eczema Therapy Moisturizing Cream

Just because a product claims that it is “hypoallergenic” does not mean that it cannot cause allergy or irritation. Even occasional use of a product to which you are sensitive can prolong a rash for months. In general, limit your use of skin products to avoid allergic sensitization. If these recommendations do not help, contact your dermatologist for an appointment.

www.billingsclinic.com/dermatology