

## In Dermatology

### **Pitted keratolysis**

Pitted keratolysis is a skin disorder characterized by crateriform pitting that primarily affects the pressure-bearing aspects of the plantar surface of the feet and, occasionally, the palms of the hand as collarettes of scale. The manifestations of pitted keratolysis are due to a superficial cutaneous bacterial infection.

Patients with primary hyperhidrosis have been shown to have a significant increase in pitted keratolysis compared with controls. (see the image below).



Limit the use of occlusive footwear and reduce foot friction by wearing properly fitted footwear. Absorbent cotton socks must be changed frequently to prevent excessive foot moisture.

Topical antibiotics are certainly easy to use and are well accepted by patients. Twice-daily applications of erythromycin, clindamycin, or fusidic acid are effective.

*Prof. Jayakar Thomas  
Dermatologist Chennai.*