



Authoritative facts about the skin from the [New Zealand Dermatological Society Incorporated](#).

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Dermatophytide reactions

A dermatophytide (ide or id) is an allergic rash caused by an inflammatory fungal infection ([tinea](#)) at a distant site.

The rash is usually itchy like [dermatitis](#), with bumps or blisters scattered on face, trunk and/or limbs. Fungus cannot be cultured from an ide. The ide can be treated with [topical steroid](#) and will resolve once the original infection has been controlled.

Clinical features

- Scattered small spots centred on hair follicles mainly affect the trunk usually follows a kerion (inflammatory [tinea corporis](#) or [tinea capitis](#)) from a zoophilic (animal) fungus.
- Crops of fluid-filled blisters on the palms and backs of the hands resembling [pompholyx](#) may arise as a result of a severe [tinea pedis](#) or other [dermatophyte](#) infection.
- [Erythema nodosum](#) may also follow severe tinea.

Dermatophytide



Case 1: Widespread rash



Primary zoophilic dermatophyte infection



Crusted itchy papules



Case 2: Athlete's foot



Clusters of papules on knees



Pompholyx-like reaction

Diagnosis

The diagnosis of a dermatophytide is made by the clinical presentation and confirmed by microscopy and culture of the primary skin infection.

Treatment

The primary fungal infection usually requires an [oral antifungal medication](#) for control, but in mild cases a [topical antifungal agent](#) applied to the source of infection (e.g. to the athlete's foot) may be adequate.

The dermatophytide reaction is a type of [eczematous dermatitis](#), and should be treated with [topical steroids](#) and [emollients](#). Occasionally [systemic steroids](#) are required for a few weeks.

Related information

On DermNet NZ:

- [Introduction to fungal infections](#)
- [Autoeczematisation](#)

Other websites:

- [Id reaction](#) - emedicine dermatology, the online textbook

Books:

See the [DermNet NZ bookstore](#)

DermNet does not provide an on-line consultation service.

If you have any concerns with your skin or its treatment, see a [dermatologist](#) for advice.

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