

Pityriasis lichenoides chronica-PLC

## Description

Pityriasis lichenoides chronica-PLC

Pityriasis lichenoides chronica-PLC exhibits as a inflammatory skin condition with widespread polymorphic papulosquamous dermatitis (red dots). They can break open & erupt in staph infection if disturbed.

Topical anti-inflammatories may help, like DMSO70%/Aloe30% from DMSOstore.

Sunlight or UVB at 300-310 range to make vitamin D3 may help.

If it is triggered by a hidden viral infection, elderberry four 500mg capsules w/30mg zinc every 8 hours may help.

Medihoney or raw honey may help if it becomes infected.

Silver solution (colloidal silver) may help if it becomes infected.

Bromelain from pineapples may help.

Erythromycin or doxycycline, prescription antibiotics, may help.

Methotrexate may help but have high side effects.

Bellinato F, Maurelli M, Gisondi P, Girolomoni G. A systematic review of treatments for pityriasis lichenoides. J Eur Acad Dermatol Venereol. 2019 Nov;33(11):2039-2049. doi: 10.1111/jdv.15813. Epub 2019 Aug 8. PMID: 31318465.

[pubmed.ncbi.nlm.nih.gov/31318465/](https://pubmed.ncbi.nlm.nih.gov/31318465/)

[uptodate.com/contents/pityriasis-lichenoides-chronica](https://uptodate.com/contents/pityriasis-lichenoides-chronica)

**Category**

1. Uncategorized

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