

## Cellulitis

*Prelims: Current events of national and international importance | Health*

### Why in News?

*An observational study about cellulitis was published in The International Journal of Lower Extremity Wounds.*

- **Cellulitis** - It is a common ***bacterial skin infection***.
- **Caused by** - Streptococcus & staphylococcus bacteria.
- **Contagiousness** - Usually, it is ***not contagious*** (not spread between people), except in rare cases of open wounds and skin-to-skin contact with an infected person's open wound.
- **Common Sites** - It can affect the tissues beneath the skin, the face, arms, hands and fingers. It usually affects the legs, feet and toes and also affects just one side of the body.
- **Risk Factors** - A person with skin wounds, compromised immune systems, poor skin hygiene, occupational exposure (field jobs, manual labour), diabetes mellitus and smoking.
- **Age & occupation trends** - It was commonly seen in men, in the working age group, mainly in field jobs, mean age of around 36 years.
- **Symptoms** - It includes
  - Pain, tenderness, oedema (swelling), warmth,
  - Discolouration (red, purple or slightly darker than your usual skin colour) that may look like a rash.
  - Fluid-filled blisters, the skin surface looks lumpy or pitted, like an orange's skin,
  - Fever, chills, fatigue.
- **Treatment** -
  - Most cases are managed with ***oral antibiotics***, for severe infections may require ***hospitalisation*** and IV antibiotics.
  - **Home treatments** - include warm compresses to reduce swelling, elevating the leg to improve blood flow, use of compression socks and gentle walking to reduce discomfort.
  - **Additional advice** - Rest and avoiding contact with the affected area helps prevent irritation and worsening of symptoms.
- **Preventing reversions** -
  - Maintain good skin hygiene,
  - Wash hands regularly with soap and warm water,
  - Cleaning and trimming finger and toenails

- Wearing clean clothes and
- Keeping small wounds clean, etc.

## References

1. [The Hindu | Cellulitis](#)
2. [Cleveland Clinic | Cellulitis](#)

