

## Rashes

Rashes can be bothersome for many people, and the problem can be trying to determine what is causing a rash. Some rashes seem to be a clear, cut and dry case; others are a bit more confusing to try to figure out. While it may still be treatable, it is important to try to find the root of the problem so that you can avoid having further problems.

Your rash may be a one-time thing, or you may have an ongoing problem with it until you determine what is causing it. However, the good news is that rashes are rarely a sign or symptom of anything more serious. It may be the result of something as simple as stress or changing laundry detergents.

### What should I know about my rash?

The things you should notice about your rash are the same types of things you should take note of and share with one of our dermatologists. For example, some things to consider when it comes to your rash are:

- The location of the rash and whether it has spread or changed locations
- Any changes to your lifestyle or routine that may have caused the rash (Remember even starting to work out and sweat if your body is not accustomed to this can result in a rash)
- Changes to personal products such as laundry detergent, perfume, make up, deodorant or anything else that could come into contact with your skin
- The type of rash (While most are red and itchy, it is also important to notice the size of the bumps, whether they are scaly or contain pus or clear liquid or any other details that may help identify the type of rash you have)
- Whether your rash is painful (Obviously this takes precedence over being mildly uncomfortable or a little itchy. Do not put up with a painful rash any longer than it takes to schedule an appointment and see one of our dermatologists)

### What are my treatment options?

People actually have rashes more often than they may realize. It is not until a rash gets out of control or is painful that people end up seeking treatment. Yet, so many rashes are easily treatable and not worth any long term mild discomfort or insecurity about how you look while waiting for a rash to go away. Even in instances where the cause is not immediately determined, at least getting relief can help ease the discomfort.

Depending on what is causing the rash or the type of rash you have will have a lot to do with the type of treatment you get. Oral medications or topical solutions are two of the most common approaches. Shots are sometimes used but usually only to jump start the recovery by quickly introducing the treatment into the system.

## **Can I prevent my rash from returning?**

Obviously, pinpointing the cause is important to successfully preventing your rash from returning. For this reason, it is crucial to try to think of anything that could have happened recently to cause it, including a sudden elevation in stress. Even if the cause is not immediately determined, at least seeking relief will help make the problem seem less severe.

**If you are ready to seek relief from your unsightly and uncomfortable rash, get started today by scheduling a consultation with one of our experienced dermatologists.**

## About Skin & Laser Surgery Center

Under the direction of Dr. Amir A. Bajoghli, Skin & Laser Surgery Center PC specializes in Laser & Dermatologic Surgery as well as Mohs Micrographic Surgery. Skin & Laser Surgery Center treats patients for all skin care concerns, including skin cancer surgery, cosmetic dermatology, sclerotherapy, laser peels, laser hair removal, hyperhidrosis, rosacea, and acne treatments.

## Our Office Locations

Skin & Laser Surgery Center provides a full range of services at our four facilities located throughout the Greater Washington area.

### Tysons Corner, VA

8130 Boone Blvd.  
Suite 340  
Vienna, VA 22182  
(703) 893-1114

### Stafford, VA

(800) 264-2653  
125 Hospital Center Blvd.  
Suite 105  
Stafford, VA 22554

### Woodbridge, VA

2200 Opitz Blvd.  
Suite 245  
Woodbridge, VA 22191  
(703) 492-4140

### Washington, DC

1120 19th N.W.  
Suite 250  
Washington, DC 20036  
(202) 955-6995  
MOHS Only

## Contact Us

Do you have a question about The Skin & Laser Surgery Center or our services? Please feel free to contact us at (703) 893-1114 or use one of the following links below.

### Appointment Requests

Phone - (703) 893-1114

Web - <http://bderm.com/patients/appointment/>

### Customer Feedback

Phone - (703) 893-1114

Web - <http://bderm.com/contact/feedback/>

### Billing Questions

Phone - (703) 492-4140 x126

Email - [billingderm@gmail.com](mailto:billingderm@gmail.com)