



The little monsters of the bed

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Description

A 30-year old woman, was evaluated for a pruritic erythematous lesions on the right distal extremities that was occurred one day after a stay in a hotel in Paris causing sleep disturbance. She was otherwise healthy.

Dermatological examination revealed multiple erythematous papules, varying in size with firm consistency and a small central hemorrhagic punctum showing a linear conformation on the right hand and forearm (Figure 1).

The medical history and clinical feature were suggestive of bed bug infestation.

The patient was prescribed antihistamines with good improvement.



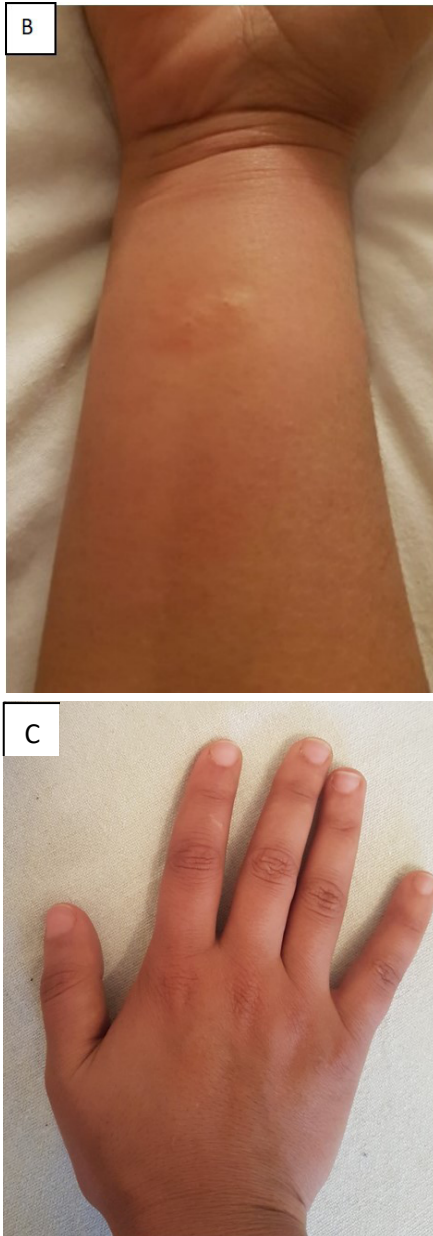


Figure 1 A,B & C: Erythematous papules with a small central hemorrhagic punctum showing a linear conformation on the right hand and forearm

Discussion

Bedbugs (*Cimex lectularius*) are nocturnal flightless ectoparasites that obtain a blood meal from a sleeping human or other parasitized host. They commonly inhabit carpets, cracks in floor tiles, cracks in walls and bedroom furniture [1].

The bite from a bed bug is a result of the injection of saliva during feeding [2] that will cause an allergic reaction characterized by pruritic and multiple erythematous edematous papules or bullous lesion. Bites are multiple and often arranged in a linear array. They present on areas of the body exposed during sleep, such as the head, neck, arms, legs, and shoulders [3].

Treatment includes antihistamines to control the itching and reduction of the allergic response and topic corticoids for regression of the lesions and prevention of secondary bacterial infection due to scratching and excoriation [4].

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