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Guttate psoriasis

Guttate psoriasis is characterised by multiple tiny areas of psoriasis that tend to affect most of the body. 'Gutta' is Latin for tear drop; guttate psoriasis looks like a shower of red, scaly tear drops that have fallen down on the body. Lesions are usually concentrated around the trunk and upper arms and thighs. Face, ears and scalp are also commonly affected but the lesions may be very faint and quickly disappear in these areas. Occasionally there may be only a few scattered lesions in total.

The diagnosis of guttate psoriasis is made by the combination of history, clinical appearance of the rash, and evidence for preceding infection.

The rash comes on very quickly, usually within a couple of days, and may follow a streptococcal infection of the throat. It tends to affect children and young adults and has a good chance of spontaneously clearing completely.

Guttate psoriasis



Image provided by Dr Trevor Evans

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Treatment of guttate psoriasis

Management may include:

- Treatment of an underlying [streptococcal](#) infection with antibiotics
- [Phototherapy](#)
- Topical agents including mild [topical steroids](#), [coal tar](#) and [calcipotriol](#)

Guttate psoriasis rarely requires treatment with oral medications.

Related information

References:

On DermNet NZ:

- [General information about psoriasis](#)
- [Chronic plaque psoriasis](#)
- [Flexural psoriasis](#)
- [Scalp psoriasis](#)
- [Palmoplantar psoriasis](#)
- [Nail psoriasis](#)
- [Palmoplantar pustulosis](#)
- [Pustular psoriasis](#)
- [Erythrodermic psoriasis](#)
- [Psoriatic arthritis](#)
- [Treatment of psoriasis](#)

Other websites:

- [Guttate psoriasis](#) - e-medicine dermatology, the online textbook

Books about skin diseases:

See the [DermNet NZ bookstore](#)

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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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