

# Skin Damage

## Skin after pesticide exposure can mean

Acute skin barrier injury

### Common mechanisms

- **Barrier stripping & dehydration**
  - Many pesticides (especially pyrethroids, organophosphates, solvents, permethrin-based products) **dissolve skin lipids**
  - Skin loses water → appears **thin, wrinkled, crepey, or crinkly**
- **Inflammatory reaction**
  - Chemical irritation triggers inflammation → collagen temporarily behaves differently
- **Nerve/vascular effects**
  - Some pesticides affect **microcirculation or nerve signaling**, changing skin tone, texture, and turgor
- **Contact dermatitis (even without a rash)**
  - You don't need redness or itching for chemical dermatitis to occur

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### Important distinction (this matters)

Chemical-induced skin crepiness is NOT the same as age-related skin laxity.

Chemical injury	Aging
Sudden onset	Gradual
Often reversible	Progressive
Linked to exposure	Linked to time/sun
Improves with barrier repair	Improves slowly

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# What to do now (evidence-based, non-alarmist)

## 1. Stop ongoing exposure

- Avoid the product completely
- Wash clothing, bedding, towels that contacted it
- Avoid hot showers for now (they worsen barrier loss)

## 2. Gentle skin decontamination

- Lukewarm water
- **Mild, fragrance-free cleanser only** (or none for 24–48 hrs)
- No scrubs, acids, retinoids, or exfoliation

## 3. Aggressive barrier repair (this is key)

Use **simple occlusive + humectant layering**:

- Ceramide cream (thick, not lotion)
- Petrolatum or petrolatum-based ointment at night
- Apply to **damp skin** to trap water
- Reapply 2–3× daily

## 4. Internal hydration & support

- Adequate fluids
- Electrolytes if you've had systemic symptoms
- Protein intake matters for skin recovery

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## When this becomes medically important

Seek medical evaluation **promptly** if you notice:

- Skin thinning that worsens instead of improves
- Burning, numbness, tingling, or pain
- Color changes (dusky, gray, mottled)
- Hair loss or nail changes
- Systemic symptoms (fatigue, dizziness, tremor, lymph swelling)

In those cases, clinicians may evaluate for:

- Chemical dermatitis
- Neurocutaneous effects
- Endocrine or immune involvement
- Rare toxin-related connective tissue effects

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## Reassurance (but honest)

- **Many people recover skin texture over weeks to months** once exposure stops and the barrier heals
- Early protection and repair **greatly improve outcomes**
- Sudden skin changes after chemicals are taken seriously in medicine—your concern is valid

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Be safe Florida <3 !!