

Mayo Clinic Minute

Wedding ring rash

Video	Audio
Vivien Williams	Wedding ring rashes are common.
Dawn Davis, M.D. Dermatology Mayo Clinic	"Wedding ring dermatitis sounds like a term that somebody would develop on their fourth finger from a prominent piece of jewelry because they're allergic to the metal."
Vivien Williams	That may happen, but Dr. Dawn Davis says most cases are caused by something else.
Dawn Davis, M.D.	"Wedding ring dermatitis was nicknamed simply because it was found most often when people were wearing wedding rings. And what that is, is not an allergic sensitivity to the components of your jewelry, but rather, if you don't wash properly under the ring, you can get an irritant contact dermatitis from simply the accumulation of soap residue or, for example, sweat and dirt under your ring."
Vivien Williams	It happens frequently to people who wash their hands a lot.
Dawn Davis, M.D.	"Some people will be in a hurry to wash, and won't get enough water when they rinse under their ring. And, so, dirt and sweat, and soap residue, can get stuck under your ring. And then what happens is over time is that it becomes an irritant to the skin, and you develop an eczema reaction."
Vivien Williams	The solution? Be sure to wash, rinse and dry thoroughly under your rings. If that doesn't help, talk to your health

	care provider.
	For the Mayo Clinic News Network, I'm Vivien Williams.