Pathognomonic rash
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Clinical
A 38-year-old man presented to the emergency department with a 2-day history of a worsening rash affecting his elbows, right lateral pelvis region and left medial malleolus. The rash was itchy, swollen, hot and burning. He denied any new medications.

On examination, the rash was mostly confluent, irregular in shape and ranged in size from 3 cm in diameter to 15 cm in diameter. Some edges were raised and well circumscribed. The lesion on the ankle had a target-like appearance. There were no axillary, cervical or inguinal lymphadenopathy. There was no mucosal involvement.

What is the diagnosis?
Answer

*Idiopathic erythema multiforme minor*. This is a self-limiting immune-mediated response with the pathognomonic target-sign lesion. The patient was treated with prednisolone and an antihistamine for symptom relief.

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