Target (Iris) Lesions of Erythema Multiforme

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A 21-month old age girl presented with asymptomatic lesions on her right arm of 4 days duration. She denied sore throat, fever and cough and no lesions were found anywhere else including buccal mucosa. She had not taken any medications recently.

Q 1: What is the diagnosis?
A: Sharply demarcated, round, red/pink macules target lesions of Erythema Multiforme. The typical target (iris) lesion of EM has a sharp margin, round shape and concentric colour zones.

Q 2: What triggers it?
A 2: Erythema multiforme (EM) is a hypersensitivity reaction usually triggered by infections and drugs. Herpes simplex is the most common triggering infection. It is self-limiting and resolves without complications. Many drugs have been implicated, most common being barbiturates, non-steroidal anti-inflammatory drugs, penicillins, sulphonamides, phenothiazines and anticonvulsants.