

# Stevens-Johnson syndrome

Also called: SJS, erythema multiforme major

A rare, serious disorder of the skin and mucous membranes.

## Very rare

Fewer than 20,000 US cases per year



Treatable by a medical professional



Requires a medical diagnosis



Lab tests or imaging often required



Short-term: resolves within days to weeks

A medical emergency, this is often a reaction to medication or an infection.

Flu-like symptoms appear first. A painful rash that spreads and blisters follows.

Emergency treatment aims to eliminate the underlying cause and control symptoms and complications.

## Symptoms

### Requires a medical diagnosis

Flu-like symptoms appear first. A painful rash that spreads and blisters follows.

### People may experience:

**Skin:** rashes, blister, peeling, rash of small purplish spots, red spots, or small bump

**Whole body:** fever or malaise

**Also common:** coughing, eye redness, itching, mouth ulcer, sensitivity to light, sore throat, or swelling

## Treatments

### Treatment consists of supportive care

Emergency treatment aims to eliminate the underlying cause and control symptoms and complications.

## Therapies

**Stop non-Essential medications**

### Supportive care

**IV fluids:** Delivering fluids, medication, or blood directly into a vein.

**Fluid replacement:** Supplies or replenishes water and nutrients in the body.

**Wound dressing:** Protects damage skin and helps control bleeding.

### Self-care

**Ensuring adequate nutrition:** Specializes in food and diet.

**Artificial tears:** Moistens eyes to provide soothing relief.

## Specialists

**Critical care doctor:** Monitors and treats those in intensive care.

**Pediatrician:** Provides medical care for infants, children, and teenagers.

**Primary care provider (PCP):** Prevents, diagnoses, and treats diseases.

**Emergency medicine doctor:** Treats patients in the emergency department.

**Ophthalmologist:** Specializes in eye diseases.

**Dermatologist:** Focuses on disorders of skin, nails, and hair.

**Critical:** consult a doctor for medical advice

Note: The information you see describes what usually happens with a medical condition, but doesn't apply to everyone. This information isn't medical advice, so make sure to contact a healthcare provider if you have a medical problem. If you think you may have a medical emergency, call your doctor or a emergency number immediately.

**Sources:** Mayo Clinic and others. [Learn more](#)