

Skin and Soft Tissue Infections in the ED

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Skin and Soft Tissue Infections in the ED

- Recognize the most common skin and soft tissue infections and the FEW infections which are TRUE EMERGENCIES
- Discuss the diagnosis and treatment of common cases of cellulitis and abscesses
- Discuss indications for surgical consult, admission and systemic antibiotics
- Evaluate the treatment of “Special Cases” in skin and soft tissue infections!

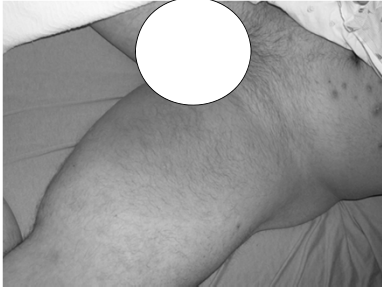
Cellulitis

Cellulitis

- Involves skin and sub-cutaneous tissues
- Etiology: Group A Strep, S. aureus
- Usually inciting trauma, skin break or tinea
- Differential Diagnosis
 - DVT
 - Erythema Nodosum
 - Venous Stasis
 - Dermatitis

Cellulitis

- What you should expect to see... warmth, erythema and swelling



Cellulitis Treatment

- Penicillinase-resistant penicillin
- Cephalosporin
- Clindamycin
- If MRSA suspected clindamycin or Bactrim/cephalexin, doxycyclene

Lymphangitis

- Etiology: usually Group A Strep with spread into the subcutaneous lymphatics and enlarged tender regional LNs
- Clinically: red streaks with distal site of infection and proximal adenopathy
- Treatment: rest, elevation, Penicillinase resistant pcn or macrolide and close follow-up or admission



Pearls and Pitfalls



- Consider X-rays or CT to check for gas
- Mark the borders of the cellulitis
- Cultures of the "leading edge"
 - Yield = 10%
- Know your local susceptibilities
- BEWARE of toxic presentations!

Case

Breast feeding female with breast pain, fever, myalgias and pain. Four weeks post partum.



Mastitis

- Involves skin and sub- cutaneous tissues
- Etiology: *S. aureus* and at times MRSA
- Usually due to poor drainage and breast engorgement if lactation mastitis
- Differential Diagnosis:
 - Plugged duct, galacticele, abscess, dermatitis, inflammatory breast cancer

Mastitis

- What you should expect to see...
 - warmth, erythema, swelling, firmness



Mastitis

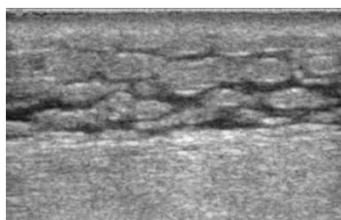
- Treatment: empty the breast by breast feeding or pumping
- Dicloxacillin, cephalexin or clindamycin
- If MRSA risk factors; clindamycin or trimethoprim-sulfamethoxazole



Pearls and Pitfalls



Consider using ultrasound to screen for abscess or cobble-stone pattern



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Case

- Male in his 50s with chronic venous stasis changes now presents with redness, warmth and swelling of the lower extremity



Venous Stasis

- Important to recognize the normal look of venous stasis dermatitis
 - Swelling
 - Redness
 - Brown discoloration
 - Scaling
 - Itching or pain
 - Oozing
 - Open areas (cracking or larger ulcers)

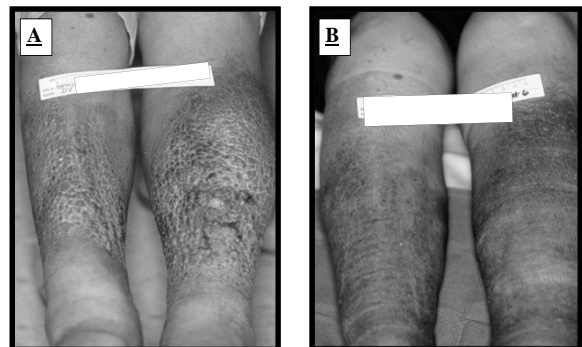
Venous Stasis



Venous Stasis—Not Infected



Venous Stasis—Not Infected



Severe Infection



Infected Venous Stasis

- Usually happens with open skin—ulcers, cracks
 - All open ulcers are colonized
 - Not all require treatment
- Common Bacteria: Can be polymicrobial
 - Strep species, Staph (+/-MRSA), Enterobacteriaceae, Pseudomonas, anaerobic Strep, Bacillus fragilis

Treatment

- Severe infections
 - Doripenem, Meropenem, Imipenem (not ertapenem)
 - Piperacillin/Tazobactam
 - Ciprofloxacin/Levofloxacin + Metronidazole
 - Cefipime/Ceftazidime + Metronidazole
 - +/- Vancomycin if MRSA is suspected



Pearls and Pitfalls



- Not all ulcers are infected
- Minor infections or uncomplicated cellulitis can be treated outpatient
- Do not do swab cultures! Do a tissue culture!

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Case

46 yo female with cold symptoms for a week and now redness around her left eye

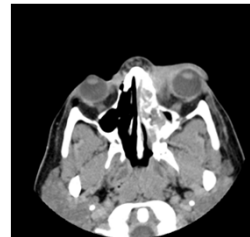


Preseptal Cellulitis

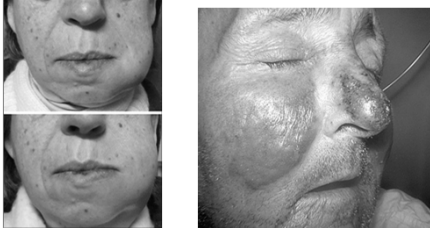
- Involves tissues anterior to orbital septum not the eye and ocular contents. Comes from face as well as paranasal sinuses (ethmoid)
- Etiology: *S. aureus*, *S. pneumonia* at times MRSA
- Differential:
 - Orbital cellulitis, allergic reaction, dacriocystitis, hordeolum (stye), conjunctivitis cancer

Preseptal Cellulitis

What you should expect to see...
Eyelid swelling to both lids, pain, redness



Not Preseptal Cellulitis



Preseptal Cellulitis

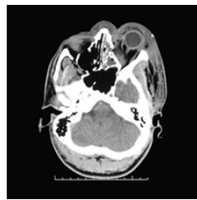
- Treatment: clindamycin or trimethoprim sulfamethoxazole + (amoxicillin, amox-clavulanate or 3rd generation cephalosporin)



Pearls and Pitfalls



Imaging the sinuses should be considered
Proptosis, eye entrapment and abnormal vision suggest orbital cellulitis

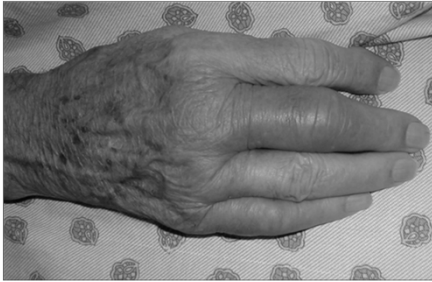


Case

Patient in his 20s had a small puncture wound to his right thumb and 2 days later cannot straighten his thumb



Flexor Tenosynovitis



Flexor Tenosynovitis

- **Etiology:** Staph, Strep, GNR and anaerobes with infection traversing the tendon sheath
- **Differential Diagnosis:**
 - Cellulitis
 - Joint infection

Flexor Tenosynovitis

- **What you would expect to see...Kanavel's Tetrad**
 1. Flexion contracture—Finger in flexion
 2. Fusiform swelling along the finger
 3. Tenderness along the sheath and MCP
 4. Pain with passive extension

Flexor Tenosynovitis

- **Treatment**
 - Hand surgery
 - Vancomycin + Ciprofloxacin or Ceftriaxone

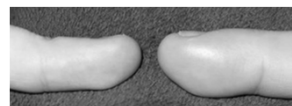


Pearls and Pitfalls



- Early surgical therapy which includes tendon sheath irrigation and drainage plus or minus debridement

Other Hand Infections



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Cases

A 17 yo male presents with a bite to his leg from a dog



Animal Bites—Dog, Cat and Human



Animal Bites—Dog, Cat and Human

- Dog—Only 5% of untreated dog bites will become infected, which is the same as any non-bite laceration
- Cats—With sharper, narrower teeth get *pasteurella* deeper into wounds—30-80% will become infected!
- Human—10-15% get infected. Direct bites and fight bites!

Human Bite



Fight Bite



Pathology of Animal Bites

- All are polymicrobial but some bugs predominate. Drugs directed at these bugs
 - Dog: *Pasteurella canis*, Strep and Staph
 - Cat: *Pasteurella multocida*
 - Human: *Eikenella corrodens*, Viridans strep, Staph epi, *Bacteroides*, and *Peptostreptococcus*

Obviously Infected Bites

- Treatment with antibiotics
- Easy to remember!
 - Cat, Dog, Human all get Amoxicillin/clavulanate
 - AKA “Dogmentin”
- Penicillin allergic—
 - Dog: Clindamycin and fluoroquinolone
 - Cat: Cefuroxime or Doxycycline
 - Human: Clindamycin and fluoroquinolone

What About Fresh Bites?

- Tintinalli’s, Trotter, Roberts and Hedges, and Rosen’s:
 - The only evidence-based benefit is for dog or cat bites of the hands, where infection may decrease to <2% with antibiotics
 - High risk uninfected wounds deserving antibiotics: All cat bites, all human bites, all bites in the immunocompromised, deep dog puncture wounds, hand wounds, and any injury requiring surgery
 - Tetanus prophylaxis



Pearls and Pitfalls



- Suspect a fight bite in anyone with a wound over the MCP joint
- Rabies...Talk to your local health department!
 - Raccoons, skunks, bats, foxes, and coyotes—Rabies vaccination is a YES!

Abscesses

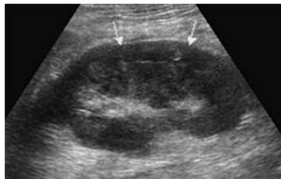
Doc, I Think I Got a Spider Bite!

“Devious MRSA Spider Bites Yet Another Antecubital Fossa, Remains at Large”—Gomer Blog



Abscesses

- Usually begin from skin flora and somehow find their way subcutaneously
- The center is usually liquefied or pus
- Organisms include *S. aureus* but also Strep and mixed flora are also possible
- Incision and drainage; main treatment



Cutaneous Abscesses

- Staphylococcal strains commonly cause rapid necrosis of tissue, large amount of creamy yellow pus
- Strep usually causes more tissue edema and less necrosis
- Anaerobic bacteria near mouth or genital areas usually cause foul smelling, brown pus

Cutaneous Abscesses

- Treatment is incision and drainage
- What about antibiotics?

Literature Summary

- Schmitz et al. demonstrated that there was no significant difference in treatment failure at 7 day follow-up for uncomplicated abscesses following I/D between the tmp/smx and placebo group. There was a significant difference between new lesions at 30 days between the tmp/smx and placebo group.
- Rajendran et al. demonstrated that there was no significant difference in cure rates after I/D of uncomplicated abscess in the cephalexin vs. placebo group

Literature Summary

- Duong et al also observed similar improvement between tmp/smx and placebo in ED children, with treatment failure in 4% of patients with antibiotics and 5% without.
 - They also found significantly more new lesions in the placebo group at 10 days (26% versus 13%) but no such difference at 3 months.

Literature Summary

- Talan, et al, NEJM, March 2016.
TMP/SMX vs. Placebo
 - In the setting of a high prevalence of MRSA, the addition of TMP/SMX to I & D resulted in a higher cure rate than placebo

My Practice...

- Antibiotics = NO for uncomplicated, immunocompetent without valvular heart disease
- Consider antibiotics for lymphangitis, large surrounding cellulitis, immunocompromised, systemic symptoms, etc.
- Consider antibiotics if MRSA is likely

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Case

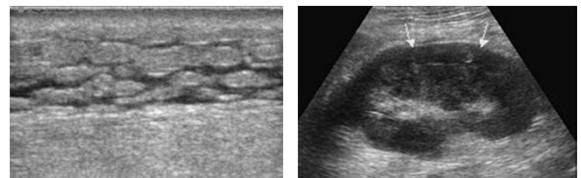
Breast feeding female with breast pain, fever, myalgias and pain. Four weeks post partum.



Courtesy of Michael J Dixon, MD.

Breast Abscess

- Similar presentation to the case of mastitis but now ultrasound is positive for abscess



Breast Abscess

- Treatment:
 - I & D
 - Needle aspiration with ultrasound guidance
 - Dicloxacillin, cephalexin, penicillin or clindamycin
 - If MRSA risk factors; clindamycin or trimethoprim-sulfamethoxazole, doxycycline



Pearls and Pitfalls



- Usually 2 to 3 aspirations needed and surgery if skin necrosis or compromised
- Abscesses involving the nipple or around the areola might involve ducts...best done by a surgeon

Case

- 25 yo male college student presents with a painful lump on his buttocks at the top of the gluteal cleft

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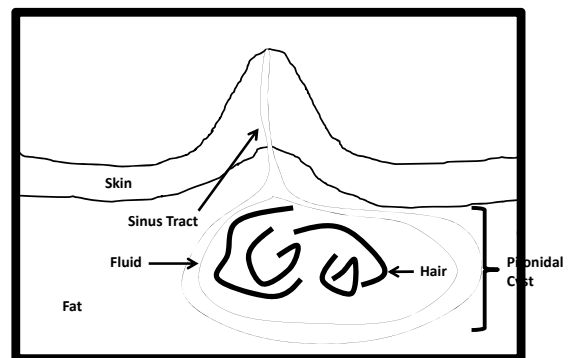
Pilonidal Abscess (Gluteal Cleft Abscess)

- 70,000 a year in the US
- Pilonidal disease varies from a chronically inflamed area in the gluteal cleft and/or sinus with persistent drainage to the acute presentation of an abscess or extensive subcutaneous tracts

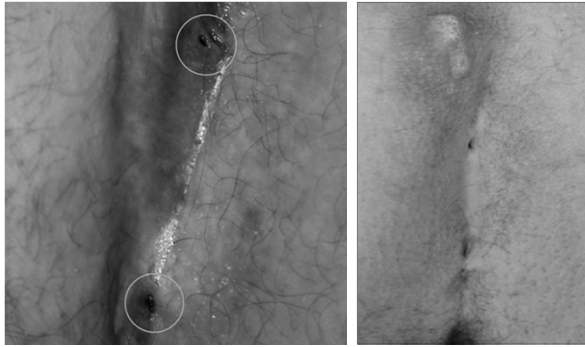
Pathophysiology

- Originally felt to be congenital secondary to abnormal skin in the gluteal cleft
- The current thinking is that pilonidal disease as an acquired condition related to the presence of hair in the cleft
 - Foreign body reaction resulting midline pits and, in some cases, secondary infection

Pilonidal Cyst



Pilonidal Cyst Draining to Surface



Diagnosis

- The diagnosis of pilonidal disease is most often clinical based on the patient's history and physical findings in the gluteal cleft
 - Especially in patients with chronic or recurrent disease
- Differential Diagnosis
 - Hidradenitis suppurativa, infected skin abscesses, Crohn's disease, perianal fistula

Treatment

- Shaving the affected area can help in chronic disease
- Antibiotics have limited value
 - Amoxicillin/Clavulanate, clindamycin, metronidazole
- Incision and Drainage—40% recurrence rate
- Wide excision with primary closure or healing by secondary intention—8-15% recurrence



Pearls and Pitfalls



- Effective emergency department I & D may be best accomplished with procedural sedation!
 - Also for axillary abscesses or other particularly painful areas
- Antibiotics may be helpful in patients with a lot of surrounding cellulitis
- Warn the patient of likely recurrence and need for possible definitive surgery

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Case

- Pain near rectal area but also with bowel movements and systemically ill



Perianal versus Perirectal Abscess

- Perianal = infection of an anal crypt gland but can penetrate deeper structures
- Etiology: Anaerobes versus *S. aureus* and at times MRSA
- Differential: Hemorrhoid, Plugged duct

Perianal vs. Perirectal Abscess

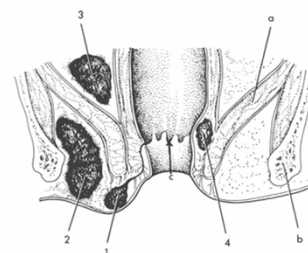


FIG. 157-2. Perirectal abscesses. *a*, Levator ani. *b*, Ischial tuberosity. *c*, Anal crypts. *1*, Perianal abscess with anal fistula. *2*, Ischioanal abscess. *3*, Supralelevator ani (perirectal) abscess. *4*, Intersphincteric abscess.

Perianal vs. Perirectal Abscess

- What you should expect to see...
 - Pain, swelling, firmness
 - Systemic signs
 - Purulent drainage

Perianal vs. Perianal Abscess

- Treatment: Perianal can be drained in the ED/office Many may need to go to the OR
 - Ischiorectal
 - Inter-sphincteric
 - Supralevator
- Broad spectrum antibiotics (with anaerobic coverage)



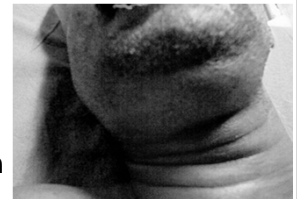
Pearls and Pitfalls



- DO THE RECTAL EXAM!!
- Consider CT, MRI or EDUS...can be used if highly suspicious

Case

- This 40 year old male noted swelling beneath her chin after after a recent molar was extracted because of a possible infection. He has pain with swallowing or talking.



What is the diagnosis?

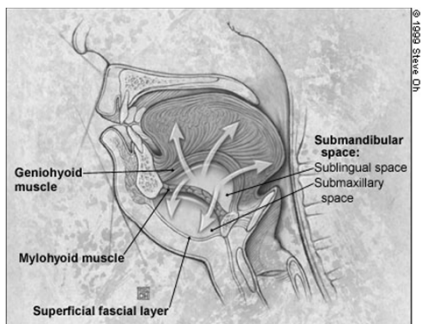
- a. Peritonsillar abscess
- b. Mumps
- c. Herpangina
- d. Vincent's angina
- e. Ludwig's angina



Ludwig's Angina

- Involves submandibular and sublingual spaces and begins in floor of mouth at 2nd or 3rd mandibular molar = odontogenic origin
- Etiology: Strep viridans, Staph aureus and anaerobes especially Bacteroides
- Differential Diagnosis: Lemierre's, PTA, mono, periodontal abscess

Ludwig's Angina



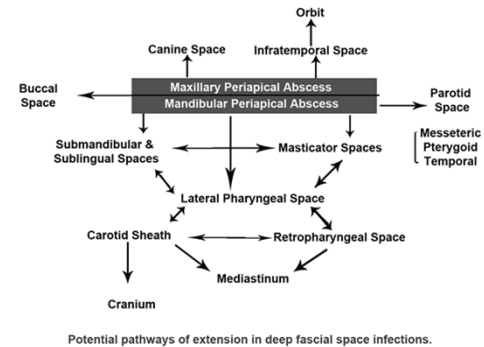
<http://www.aafp.org/afp/1999/0701/p109.html>

Ludwig's Angina

- What would you expect to see...
 - Mouth pain, trismus, submental swelling, muffled voice, dental pain
 - Exam with trismus, tongue elevation, stridor, Woody swelling to submandibular area. Floor of mouth is firm and tender.

Ludwig's Angina

- Treatment: Plan for definitive airway (up to one third may require airway)
- Antibiotics should include pcn or 3rd gen cephalosporin and anaerobic coverage such as clindamycin or metronidazole
- Surgical drainage usually required,
- May develop DNM



Ludwig's Angina

- Complications
 - DNM
 - Jugular venous thrombosis
 - Empyema
 - Arterial injury
 - Pericarditis
 - Osteomyelitis
 - Sepsis



Pearls and Pitfalls



- Palpate the floor of the mouth
- Neck CT with contrast is the best diagnostic test and 2nd mandibular molar is the most common source
- Submandibular swelling + tongue elevation

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Very, Very Bad Stuff That Will Kill Your Patient!!

Case

- 65 year old poorly controlled diabetic female presents with a rapidly evolving cellulitis of the lower extremity. It is extremely painful.

Necrotizing Soft Tissue Infections

- Includes: Necrotizing fasciitis, crepitant anaerobic cellulitis, non-clostridial myonecrosis, Fournier's disease
- 500-1500 cases/yr
 - Mortality 20-40%
 - Survivors usually have severe morbidity

Necrotizing Fasciitis

- **Clinical:** Commonly on the lower extremities but anywhere post-op where tissue injured and more likely in patients with comorbid illnesses



Necrotizing Fasciitis

- Findings include rash, swelling, warm skin with blisters, fever and extreme pain, crepitus, drainage
- Two distinct types of NF

Type 1 Necrotizing Fasciitis (NF)

- 85% of NF
- Patient demographics
 - PVD, immune compromise, diabetes, or surgery
- Inciting factor
 - Wound - Trauma to the skin
 - Decubitus ulcer, postoperative wound, animal or insect bite, or insulin injection site

Type 1 NF

- Polymicrobial disease
 - Aerobic and anaerobic bacteria
 - Staphylococcus aureus, Escherichia coli, Bacteroides fragilis, and various species of Streptococci, Enterococci, Peptostreptococcus, Prevotella, Porphyromonas, and Clostridium
 - Group A Beta-hemolytic strep (pyogenes) makes up the largest quantity of organisms

Type 1 NF in DM



Type 1 NF in a Dialysis Pt

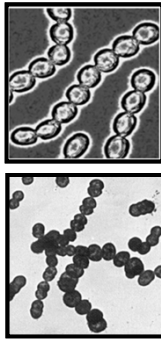


Type 1 NF in a Dialysis Pt



Type 2 Necrotizing Fasciitis

- Monomicrobial: Almost exclusively group A beta-hemolytic strep (pyogenes)
 - Small “blip” of MRSA
- 10-15% of all NF



Type 2 NF

- Type 2 NF can develop spontaneously in apparently healthy people who have minimal or no prior trauma and in the absence of a known causative factor or portal of entry for bacteria



Really Bad Type 2: BB Gun

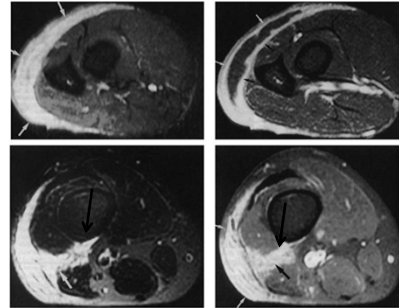


Type III NF

- Although not universally accepted, some experts use the designation of a Type III
- *Vibrio vulnificus*
 - This is seen in coastal communities and is associated with exposure of an open wound to warm sea water

NF

- Gas is present in only 25% of cases!!
- Hard diagnosis to make early
- MRI can help in equivocal cases



Necrotizing Fasciitis

- Treatment: Surgery!!!
- Antibiotics are secondary
 - Beta-lactam/beta lactamase (ticarcillin-clavulanate or piperacillin-tazobactam or carbapenem)
 - Clindamycin or Metronidazole for anaerobes
 - Consider aminoglycoside or FQ

Hyperbaric Oxygen in NF

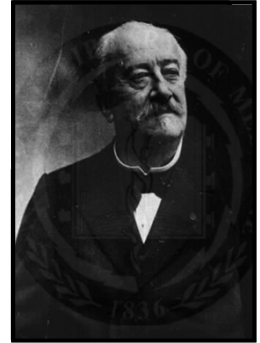
- HBO is always adjunctive to the OR!
- Unless OR is delayed, HBO after debridement
- 2 Treatments daily until clinical condition achieves maximal improvement
- Can treat right out of the OR, intubated and on pressors!

HBO in NF Escobar, et al - 2005

- Standard regimen for HBO added to aggressive surgical debridement, antibiotic therapy and critical care
 - Mortality of 11.9%, compared with the national average mortality rate of 34%
 - There were no amputations in the HBO-treated group compared with the reported rate of 50% nationally

Fournier's Gangrene

- Polymicrobial infection, usually enteric organisms
 - Diabetes: 40 - 60%
 - Chronic ETOH: 25 – 50%
 - Immunosuppression
- 10x more in men
 - Age 60-80 most common



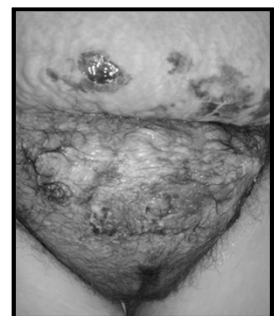
Fournier's Gangrene

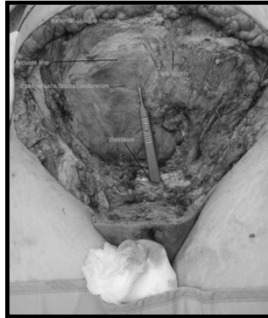
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Fournier's in Women

- Typically arises from vulvar or Bartholin's abscess and spreads to involve the vulva or perineum
 - It may also complicate episiotomy, hysterectomy, septic abortion, and cervical or pudendal nerve blocks





Pearls and Pitfalls



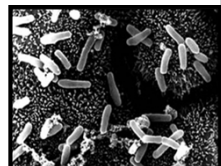
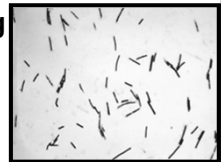
- Pain out of proportion and rapid spread are the keys to diagnosis
- Don't let a surgery resident or attending talk you out of NF without seeing the patient!

Case

- 50 yo man presents with with severe, sudden foot pain from a puncture wound he sustained when stepped on the tine of a gardening rake yesterday afternoon while gardening. He is hypotensive and tachycardic.

Gas Gangrene: Clostridial Myonecrosis

- Anaerobic infection causing sepsis, edema, tissue death and gas formation
 - Gram positive, spore-forming rod, mildly aerotolerant
 - Clostridium perfringens (90%)
 - Clostridium septicum



Gas Gangrene

- Symptoms
 - Apprehension
 - Pain disproportionate to wound
 - Shock with fever, pallor and renal compromise



Gas Gangrene

Gas Gangrene



Xray with Gas



Gas Gangrene

Gas Gangrene



Xray with Gas



WARNING: Gas is only demonstrable in 50% of cases

Gas Gangrene Treatment

- Surgical debridement
- Antibiotics: Penicillin + Clindamycin
- Hyperbaric Oxygen

HBO in Gas Gangrene

- HBO used for gas gangrene since 1960's
- HBO before OR – esp if patient is unstable!
 - Halting of alpha-toxin production lasts a number of hours
- Additional effects
 - Anti-anaerobic effect and Demarcation of good tissue
- HBO 3x in 24h then BID for 2-5 days



Pearls and Pitfalls



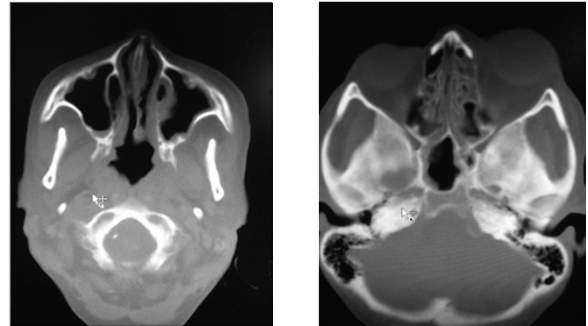
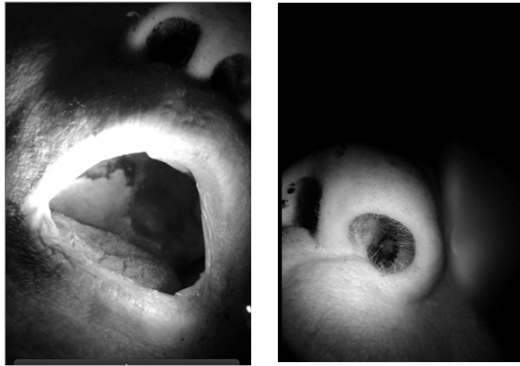
- Rapid, sudden pain at the wound site and shock are common
- Gas may not be seen on x-ray!
- Don't let a surgery resident or attending talk you out of the diagnosis without seeing the patient!

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Case

Diabetic patient with chronic sinus symptoms, and now has ulcers to hard palate and they are necrotic looking.



Mucormycosis

- Organisms proliferate in high glucose, low acidity due to ketone reductase
- Infarction and necrosis of tissue characteristic due to vascular invasion
- Course is via rhino-orbital-cerebral with inhalation into sinuses
- Etiology: Mucormycosis; (order Mucorales) *Rhizopus*, *Mucor*, and *Rhizomucor*
- Differential: Chronic sinusitis,
- Diagnoses with tissue, cultures or PCR

Mucormycosis

- What would you expect to see...
 - Fever, sinus congestion, nasal discharge and headache
 - Palatal eschar is the hallmark
 - Orbital cellulitis can occur
 - Pulmonary, GI, skin, renal and CNS

Mucormycosis

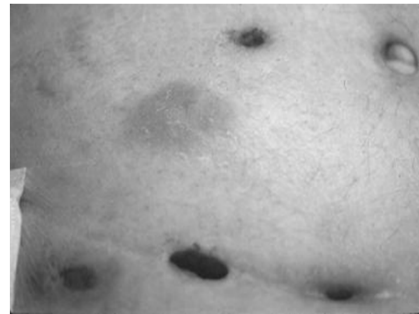
- Treatment:
 - Surgical debridement
 - Antifungals; Amphotericin B
 - Control risk factors
 - HBO



Pearls and Pitfalls



- Mortality high at 25% to 60% and CT or MRI can help determine extent, iron may play a role



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Conclusions

- Most infections can be dealt with using standard principles and common antibiotics
- Look for exceptions to the normally expected course!
- MRSA spiders are rare, until you can capture one!
- Stay current...with some things, this is a moving target!

Image sources

Image of Pearl oyster: - Author: Manfred Heyde (CC BY-SA 3.0)
Source: https://commons.wikimedia.org/wiki/File:Pearl_oyster.jpg

Image of Caution sign - Author: Michael Pereckas (CC BY 2.0)
Source: https://commons.wikimedia.org/wiki/File:Wet_floor_-_piso_mojado.jpg