





~~Pressure urticaria is a form of urticaria characterized by delayed, localized, and often painful wheals and angioedema that occur after pressure is applied to the skin. The lesions typically last for more than 24 hours and are often associated with significant discomfort. The condition is caused by an abnormal reaction to mechanical pressure, which triggers the release of histamine and other inflammatory mediators from mast cells. Common sites of involvement include the hands, feet, and areas of the body that are subjected to pressure, such as the chest and abdomen. The diagnosis is based on the characteristic clinical presentation and the absence of other systemic symptoms. Treatment typically involves the use of antihistamines to alleviate symptoms, and in severe cases, corticosteroids may be used. Avoidance of known triggers and the use of protective padding can also help manage the condition.~~