



Educational Resources in International Languages

LESIONES SUPERFICIALES



English to Spanish by:
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EXPLORACIÓN DE UNA LESIÓN SUPERFICIAL

1. Preséntese al paciente y pida permiso para realizar la exploración

2. Inspeccione al paciente con buena iluminación

Observe sin tocar, comente sobre

- Situación
- Tamaño (las dimensiones aproximadas en centímetros o milímetros)
- Forma (circular, hemisférico, plano, nodular, pediculado, ulcerado)
- Superficie de la piel (pigmentación, eritema, telangiectasia, tiene punctum o no, queratosis)
- Cicatrices (¿es una lesión recurrente?).

3. Palpe

Primero pregunte sobre el dolor.

- Valore la temperatura con el dorso de la mano.
- Palpe con cuidado y valore sensibilidad (observe expresiones faciales, pregunte si es sensible).
- Toque los bordes de la lesión, busque el fácil movimiento de la protuberancia debajo de la piel – bordes suaves que deslizan de los dedos en lipoma.
- Toque la consistencia del bulto (blando, firme, duro, ‘rocoso’).
- Pruebe por fluctuación – palpe en dos planos; de arriba abajo y de izquierda a derecha, paralelo y perpendicular al eje del musculo esquelético subyacente. (Figura 12.1)

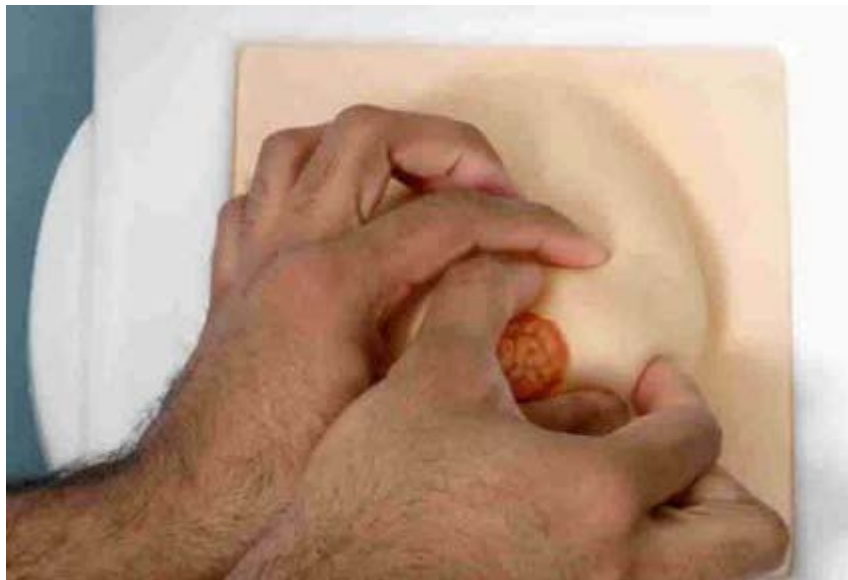


Figura 12.1: Prueba por fluctuación.

- Valore la capa desde que la lesión surge – es continua con la piel, atada al músculo, surge del músculo con piel que mueve libremente encima de la lesión (pida que el paciente tense dicho músculo. ¿El bulto se ve más prominente o se convierte en menos móvil?)

- Examine para linfadenopatía regional.

4. Para terminar la exploración

Informe al paciente que también le gustaría:

- Tomar un historial de la lesión – aparición, duración, cambios recientes, otras lesiones, antecedentes de exposición al sol, antecedentes familiares de lesiones cutáneas y efecto en la calidad de vida.

5. Agradezca al paciente.



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