

PLANTS TO AVOID

Wild Parsnip ~ *Pastinaca sativa*



Wild parsnip contains chemicals (psoralens) in its juices that can lead to a burn called **Phytophotodermatitis**.

How It Happens:

When absorbed by skin, the juices are energized by ultraviolet light (present during sunny and cloudy days) causing them to bind with nuclear DNA and cell membranes. This process destroys cells and skin tissue, though the reaction takes time to produce visible damage.

In mild cases, affected skin reddens and feels sunburned. In severe cases, the skin reddens and blisters rise and the area feels like it has been burned. Places where skin is most sensitive (arms, legs, torso, face, neck) are most vulnerable. Moisture from perspiration speeds the absorption of the psoralens.

The Following Images Are A Controlled Parsnip Burn

Initial Contact



48 hours



55 hours



75 hours



11 Days after initial contact



Some products to help dry oozing blisters:

- Aluminum acetate (Burrows solution)
- Baking soda
- Aveeno (oatmeal bath)
- Aluminum hydroxide gel
- Calamine lotion
- Kaolin
- Zinc acetate
- Zinc carbonate
- Zinc oxide