

Epidermoid cyst of face; an aesthetic concern: A case report

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Abstract

Epidermoid cyst is a developmental cyst, skin filled with keratin & imprisoned by stratified squamous epithelium similar to skin they are more frequent in males. Clinically presenting as flabby, prevalent over face, neck and back. They are usually asymptomatic and its etiology is directly linked to trauma as well as imprisonment of epithelial rests during embryonic fusion.¹ This study aims to present a case report of a 77years old, female patient with an epidermal cyst on face, which was treated using diode LASER.

Introduction

Epidermoid cyst is a common cyst of the skin that is lined by epidermis – like epithelium. These are also called infundibular cysts.² These cysts often arise after localized inflammation of the hair follicle and probably represent a non- neoplastic proliferation.

Case Report

A 77 years old female patient reported to the aesthetic clinic with a fluctuant swelling under the right eyes adjacent to nose. The swelling was asymptomatic but of aesthetic concern. The swelling was approximately 12 mm in diameter. (Fig. 1) Clinical examination revealed a whitish coloured swelling which was soft and mobile on palpation. The patient reported that the lesion began approximately seven years ago and gradually increased to present size. Since it was asymptomatic, so did not got any treatment done. Now due to increase in size, it was posing an aesthetic concern. The patient had no significant medical history.

Local anaesthetic solution was infiltrated surrounding the lesion. The patient was made to wear protective eyewear used during LASER surgery. An incision was made on the top of the lesion using diode LASER and the swelling was pressed from sides to squeeze out the keratin present within. (Fig. 2) A white cheesy material was gently squeezed out and the wound was cleaned with saline. (Fig. 3) Later topical antibiotic ointment was applied on the wound and also advised for application at home twice daily. There was no need for suture as it was done using diode LASER with no bleeding and requirement of suture. Topical antibiotic cream was advised to prevent any bacterial infection. The wound healed and gradually shrunk in size, leaving no visible mark on face. (Fig. 4)



Fig. 1: Epidermoid Cyst



Fig. 2: Squeezing out of cheesy material (keratin)



Fig. 3: Removal of keratin



Fig. 4: Post operative

Discussion

Epidermoid cysts, also called sebaceous, keratin or epithelial cysts are small, hard lumps that develop under the skin. These cysts are common. They are slow growing asymptomatic and benign. However, some cyst like masses may represent a more serious disorder, which must be evaluated carefully prior to surgical procedures.^{3,4}

Epidermoid cysts are usually found on the face, head, neck, back or genitals. They can range in size from ¼ inch to 2 inches across. They look like a small bump, are tan to yellow in colour and are filled with thick, smelly matter.

It is usually caused by a build-up of keratin. Keratin is a protein that occurs naturally in skin cells. Cysts develop when the protein is trapped below the skin because of disruption to the skin or to a hair follicle. These cysts usually develop in response to skin trauma, HPV infection, acne or excessive exposure to sun. An epidermoid cyst is more likely to develop with acne or other skin conditions.

Conclusion

These cysts usually remain asymptomatic and patients seek medical advice only after it has increased to a considerable size.⁵ It poses to be more of an aesthetic concern for patients and can be treated successfully using diode LASER and squeezing out all the cheesy material (keratin) to prevent recurrence in future.

References

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