AESTHETIC AND COSMETIC DERMATOLOGY (LASERS SEPARATE CATEGORY)

FAMILIAL DYSKERATOTIC COMEDONES-A RARE ENTITY

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Introduction: Familial Dyskeratotic comedones (FDC) is a rare genodermatosis which manifests with distinct clinical and histopathological features..

Case Report: A 21 year old female presented with asymptomatic pinpoint black lesions and multiple scars over face since 12 years of age. She was born out of non consanguineous marriage with uneventful birth history. She was otherwise healthy with no comorbid conditions. There was history of similar lesions in her brother, mother, grandmother , cousins, maternal aunt and uncle.Cutaneous examination revealed multiple monomorphic scars and comedone like papules over face. Systemic examination did not reveal any abnormality. Histopathological examination revealed hyperkeratosis and crater like invagination containing plugs of keratinous material. Based on clinical history and histopathological features, a diagnosis of Familial dyskeratotic comedones was made. The patient was put on oral and topical retinoids. In addition, fractional CO2 laser (60mJ/cm2 /30 watt/50 spots /cm2) was done at an interval of 6 weeks. After completion of 3 sessions,chemical reconstruction of skin scars was done with Tricholoroacetic acid. Around 12 sessions of TCA CROSS was done at an interval of 2 weeks on different areas of face (chin, forehead, centrofacial area, cheeks) in each session.Three sessions of chemical peel (MELAS peel) 3 weeks apart was done in between the sessions of TCA cross for post inflammatory hyperpigmentation which subsequently got cleared. There was dramatic improvement in the size of scars and also the overall cosmetic appearance of patient had improved.

Conclusion: General condition of patients with FDC is usually good and treatment is mainly sought because of the cosmetically unpleasing appearance.It is often described that treatment of FDC is usually unrewarding. The case is being presented in the light of its rarity(less than 50 cases are reported in literature) and also good response to multipronged approach.