

CONTACT DERMATITIS AND OCCUPATIONAL DERMATOSES

## ALLERGIC CONTACT CHEILITIS FROM A VARIETY OF LIP BALM INGREDIENTS

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**Background:** The etiology of allergic contact cheilitis (ACC) are numerous, including causes such as food, topical medicaments, oral hygiene products and cosmetics such as toothpastes, dentifrices, sunscreen agents, lipsticks, and lip balms. Though not always clearly elucidated, there are increasing reports of lip balm ingredients as a cause of allergic contact cheilitis. The case described below highlights the importance of considering lip balms, which are primarily indicated to treat chapped and cracked lips, as a paradoxical cause of cheilitis in certain patients, as a potential source of ACC.

**Observation:** We present the case of an 18-year-old man who presented with a 1-year history of cheilitis. The patient was accordingly patch-tested with the North American Contact Dermatitis Group (NACDG) standard screening series, the sunscreen series, the corticosteroid series, additional preservatives from the cosmetic series and fragrances/flavor series, and many of the patient's own products. Patch testing results at 96 hours revealed positive reactions to propolis (2+), rosin (3+), peppermint oil (1+), limonene hydroperoxide (2+), linalool hydroperoxide (2+), eugenol (1+), ylang ylang oil (2+), as well as many of the patient's own products.

**Key message:** We conclude that though lip balms are common treatments of cheilitis, they have paradoxically been reported as causes of ACC. This includes ingredients found in a variety of lip balm components, including emollient carriers, waxes, chemical sunscreen agents, preservatives, and fragrances and flavors. Due to the widespread use of lip balms and prevalence of associated ACC cases, an awareness of this phenomenon is warranted.