



DERMATOLOGICAL SURGERY

## **ELECTROSURGERY FOR COSMETICALLY DISFIGURING FORDYCE SPOT- AN EFFECTIVE BUT RARELY USED TOOL**

*Surajit Gorai<sup>(1)</sup>*

*Apollo Gleneagles Hospital, Dermatology, Kolkata, India<sup>(1)</sup>*

**BACKGROUND:** Fordyce spots are ectopically located sebaceous glands characterized by yellowish, skin colored pinhead sized macules or papules mainly located over the oral mucosa, vermilion border of lips. Prominent lip involvement may lead to cosmetic disfigurement. Sometimes it may leave a lipmark (lipstick like) over the glass mug after consuming hot beverages when the affected area is large (meffert's sign). No single most effective therapy is there. Need no treatment when cosmetically insignificant. Co2 laser, 5 ALA photodynamic therapy, isotretinoin, biochloracetic acid were found to be effective in few discrete, small population studies. With extensive search in pubmed, embase, wiley online only library a single case study of treatment of Fordyce spots with 'electrodessication with curettage' was found. But no study with 'only electrodessication' was found.

**OBJECTIVE:** To evaluate electrodessication as a safe, effective & cost effective tool for cosmetically disfiguring Fordyce spot over lip.

**METHODOLOGY:** Five cases of extensive skin colored & yellowish papular fordyce spot over lip were treated with 4hz monopolar low current(machine specification),fine tip probe in 2 consecutive session 1 week apart under 2% lignocaine through insulin syringe. Prior consent, pre & post photograph taken.

**RESULT:** Complete color matching & re-epithelialization occurred after 10 days of second sitting. Mild post inflammatory pigmentation aided color match with the normal color of lip. Patient followed up for 2months post operative period & showed no side effect. Both the patients were satisfied enough even after first session & was eager for the next session.

**CONCLUSION:** Electrodessication is a safe, effective, low cost & easy but under reported method for cosmetically disfigured Fordyce spot over lip.

