ABSTRACT BOOK ABSTRACTS



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## SUCCESSFUL SCLEROTHERAPY WITH LOW-DOSE POLIDOCANOL FOR DIGITAL MUCOUS CYST

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Introduction: Digital mucous cysts (DMCs) are benign and typically occur at the distal interphalangeal (DIP) joints or on the dorsal aspect of the interphalangeal (IP) joint of the thumb. They can cause pain or nail deformities. Recently, the usefulness of sclerotherapy with polidocanol at high concentrations has been reported, but not at low concentrations.

Objective: To examine the usefulness of sclerotherapy using polidocanol at low concentrations for DMCs.

Materials and Methods: The subjects were 5 patients with DMCs treated in our hospital between 2012 and 2017. Before the procedure, the absence of continuity between the DMC and joint space was confirmed on ultrasonography. The DMC was drained and then injected with 2 cc of 0.5% polidocanol. The lesion was subsequently compressed with a bandage for 1 or 2 days and evaluated once at 1 to 2 weeks and then 3 months after the procedure. If no improvement was observed, an additional dose was injected.

Results: The subjects were aged 53–82 years (mean: 66.2 years) and comprised 2 men and 3 women. The affected site was the thumb in 1 patient, the index finger in 1 patient, and the middle finger in 3 patients. Sclerotherapy was performed once in 2 patients and twice in 3 patients. All the subjects had no recurrence after the procedure and showed symptomatic improvements without any serious complications.

Conclusions: The effectiveness of polidocanol in DMCs has been reported, but only at high concentrations (2–3%). The use of polidocanol at high concentrations may cause necrosis, ulcer, and pigmentation as side effects. DMCs are classified into ganglion and myxomatous types, with and without communication with the DIP joints, respectively. In this study, the ganglion type was excluded using preprocedural ultrasonography. Our findings suggest that sclerotherapy can be performed safely and effectively using polidocanol at low concentrations.





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