



DERMOSCOPY AND SKIN IMAGING

CLINICAL AND DERMOSCOPIC STUDY OF PERIORBITAL PIGMENTATION IN EASTERN INDIA

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Introduction: POH is characterised by bilateral homogenous, hyperchromic macules and patches, involving upper and lower eyelids sometimes extending towards eyebrows, malar region and lateral nasal root. Females are usually more affected. Etiology is heterogeneous including genetic, ageing, lifestyle, medications, hormonal, excessive subcutaneous vascularity, skin laxity, atopy, exposure to irritants, association with major or chronic illnesses. Pigmentation depends on amount of melanin deposited in the epidermis and dermis, presence of periorbital blood vessels, reduced thickness of epidermis and genetic factors. Dermoscopy aids in studying depth and degree of pigmentation and vascularity. We undertook this study to find out clinical and dermoscopic pattern of periorbital hypermelanosis.

Aim: To study clinical and dermoscopic features of periorbital pigmentation.

Materials and methods: One hundred and fifty consecutive patients of both genders, above 18 years with clinically evident POH were included in this cross-sectional study. Detailed demographic and clinical data recorded in a preset proforma. POH grading was done clinically into 5 grades. Dinolite was used to study dermoscopic features.

Results: Females were majority 75.3%. Mean age of presentation was 30 ± 8.57 . Urban patients were more. Familial cases were 20%, history of atopy in 25%, decreased sleep was found in patients 30% cases. History of cosmetic use was found in 45 patients. Average duration was 3 ± 2.93 years. Most common grading was G-2 [45%].

Dermoscopy revealed epidermal pigmentation [55%] as commonest. Reticular pattern of blood vessel [75%] and globular pattern of pigment [55%] were commonest.

Conclusion: POH is a cosmetic problem and affects females most. Cosmetic usage and decreased sleep are important aggravating factors. Epidermal pigmentation with reticulate pattern of blood vessels are the common dermoscopic findings. It helps as a non-invasive quick tool to diagnose the extent and level of pigmentation and thus deciding the treatment.

