



DERMOSCOPY AND SKIN IMAGING

LICHEN NITIDUS : CLINICAL ASPECT AND DERMOSCPIC FEATURES

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Background: Lichen nitidus, which means shiny papules, is a relatively uncommon, asymptomatic, chronic a lichenoid dermatosis. Dermatoscopy is a an easily repeatable technique that reveals interesting and characteristic features in this condition. We present a case report of a lichen nitidus with its dermoscopic features.

Observation: A 27 year-old man , phototype 6, presented with 5 year history of mildly pruritic multiple white papules , over lateral edge of the fingers and toes, facing the wrist and genitalia. On exam, multiple small white shiny dots were noticed. Dermoscopic examination revealed multiple small shiny white circles, central circular depression giving a sunburst appearance. Linear vessels within the lesions were also seen. The patient was treated by topical steroid therapy with good improvement.

Key Message: Lichen nitidus is characterized by the presence of asymptomatic or mildly pruritic pinpoint to pinhead-sized, flat, shiny papules. Most cases occur in childhood or early adulthood with no particular sex predilection, involving commonly the upper extremities, trunk, buttocks, and genitalia.

On dermoscopic , the typical “sunburst appearance” along with shiny white circles, and central circular depression, as described above can help differentiate LN from other common differentials.

Most cases require no treatment due to the asymptomatic nature of the eruption and tendency for spontaneous resolution. For symptomatic cases, moderately potent or potent topical steroid therapy may help.

