



INFECTIOUS DISEASES (BACTERIAL, FUNGAL, VIRAL, PARASITIC, INFESTATIONS)

TOPICAL CORTICOSTEROIDS ABUSE-TINEA FACIEI INCOGNITO

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Background: Misuse of topical corticosteroids for undiagnosed facial dermatoses at the advice of pharmacists or relatives is notorious. Subsequent to prolonged use of potent corticosteroids, side effects are responsible for "topical steroid face". Adverse effects induced by topical steroids include acne lesions, rosacea, perioral dermatitis, hypertrichosis, telangiectasias, hyper and hypopigmentation, atrophy and tinea incognito.

Observation: Tinea incognito is an atypical dermatophyte infection of the skin, due to use of topical steroids. Moreover, facial tinea incognito is not rare and causes difficulties in the clinical and therapeutic strategy.

We present variable cases of facial tinea incognito diagnosed previously as allergic contact dermatitis, sarcoidosis, atopic dermatitis, irritant contact dermatitis or psoriasis, which were treated with potent topical steroids before correct antifungal therapy.

Although the treatment of tinea incognito could be simple, the main challenge is to clinically recognize the disease and to validate the diagnosis through lab investigations and response to therapy. Mycological examination and skin biopsy confirm the cause of the skin disease, but they are rarely performed on the face and are related to frequent false-negative results.

Clinical suspicion of an atypical dermatological condition after prolonged topical steroids use should be the first step to identify the disease.

Key message: Misuse and abuse of topical steroids may be the cause of an inaccurate diagnosis and thus, wrong treatment of various facial dermatoses.

