



PAEDIATRIC DERMATOLOGY

## PAEDIATRIC LICHEN NITIDUS: A STUDY OF 10 CASES

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**Background:** Lichen nitidus is an uncommon, chronic, papulosquamous cutaneous eruption consisting of skin coloured, flat-topped papules. The incidence is approximately 3.4 cases/10, 000 population. It is usually asymptomatic but may be pruritic, with a predilection for children and young adults. Treatment for lichen nitidus is often watchful waiting as it can spontaneously resolve. Systemic and topical corticosteroids, topical retinoids, immunosuppressants and phototherapy have been employed. Little is known on the characteristics of lichen nitidus in Asian children.

**Observation:** 10 children with lichen nitidus were studied. Four, four and two patients were of Chinese, Indian and Malay ethnicity, respectively. The lesions first appeared between ages of 3 to 15 years. Limbs were involved in 9, trunk was involved in 6. Out of the 10 children, 7 had improvement within a period of 6 months to 4 years. Of these, 3 had spontaneous resolution within 6 months to 2 years. The remaining 4 who improved received topical steroids (one with the addition of topical retinoid), with improvement within 10 months to 4 years from onset of skin eruptions, and within 2 to 9 months of starting topical treatment. One patient was lost to follow-up. Two patients did not improve at 8-10 months of follow-up, both of whom were of Indian ethnicity. One was a 9 year old girl who was non-compliant to topical steroids with a duration of skin eruption prior to diagnosis of 5 years. The other was a 3 year old boy with a duration of skin eruption prior to diagnosis of 6 months who did not improve despite topical steroids. Both had involvement of the trunk and the limbs.

**Key Message:** Lichen nitidus shows tendency towards spontaneous resolution or resolution with short duration of topical steroids.

Amongst Asians, patients of Indian ethnicity may be more prone to treatment-resistant disease.

