

Electrodissection for nevus lipomatosus cutaneous superficialis removal



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SURGICAL CHALLENGE

Nevus lipomatosus cutaneous superficialis (NLCS) is an infrequent benign hamartoma of the skin. NLCS is characterized by the presence of mature adipocytes within the dermis, surrounded by collagen fibers. In the majority of the cases, this lesion is located in lumbar area and buttocks and treatment is debatable. A 24-year-old male was evaluated for multiple skin-colored nodular lesions on the anterior aspect of the lower third of the left leg. The lesions appeared in early childhood and grew through the years without associated symptoms. At dermatologic examination, the lesions were multiple, round, soft, well-delimited nodules. Histopathologic examination revealed hyperkeratosis and mature adipocytes in the papillary and reticular dermis; the diagnosis of NLCS was established.

SOLUTION

Surgical treatment is not always mandatory; however, some patients may want resection of the tumors for cosmetic reasons. Surgical excision is still the most common therapy used,¹ although good results with electrosurgery for treating superficial skin hamartomas have been reported previously.² Because of the location of the NLCS, we decided to perform multiple electrodissection sessions of the nodules and healing by secondary intention. A 0.635 cm (quarter inch) diameter round loop electrode was used on blend/cut mode with a monopolar high-frequency (4-MHz) radiofrequency generator (Ellman International, Inc, Hicksville, NY). After the procedures, topical mupirocin ointment 2% was applied to the area. The patient was satisfied with the results, and there was no recurrence (Fig 1). In conclusion, although surgical excision is the most common therapeutic approach indicated, electrodissection can be tried with an impressive clinical outcome.

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Fig 1. **A** and **B**, Nevus lipomatosus cutaneus superficialis on the anterior aspect of the leg and dorsal aspect of the foot. **C** and **D**, Final clinical result after total electrodissection of the lesion.

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