



Naevus Comedonicus

Also known as ... Comedonal naevus, Follicular keratotic naevus and Pilosebaceous naevoid disorder

What is Naevus Comedonicus?

Naevus comedonicus is a rare type of epidermal nevus. A benign overgrowth derived from a hair follicle unit.

It is a condition that shows equal prevalence across all races and sexes. Although most cases arise sporadically, familial clustering has been reported.

What causes Naevus Comedonicus?

While the exact cause is unknown, it is believed to be related to a genetic imbalance during the development of the skin, hair follicle and sebaceous glands. A couple of particular genes, called Fibroblast Growth Factor Receptor 2 (FGFR2) and NIMA Related Kinase 9 (NEK9), has been implicated.

What does Naevus Comedonicus look like?

Naevus comedonicus usually develops shortly after birth or during childhood. It looks like a group or cluster of widely opened follicles with keratinous plugs inside them (Comedo-like). They can appear in various formations, which include in clusters, in a straight line, or along the skin fold lines (called a Blaschkoid pattern).

Naevus comedonicus aggregates mostly on the face, chest, and upper limbs. There is an inflammatory variant that is associated with cysts, pus filled bumps and abscess.

What other problems can occur with Naevus Comedonicus?

Rarely, extensive naevus comedonicus may be associated with:

- Neurological defect: brain abnormalities, seizures or developmental delay
- Musculoskeletal anomalies
- Cataracts

At puberty, hormonal influences often worsen the condition with the appearance of inflamed lesions & cysts within the naevus.

How is Naevus Comedonicus diagnosed?

The diagnosis is usually made clinically by a Dermatologist. A biopsy may be needed to support the diagnosis.

How is Naevus Comedonicus treated?

Naevus comedonicus does not require active or medical treatment. Mild improvement can be achieved using

- Topical retinoids
- Topical keratolytics
- Manual Comedo extraction

For disfiguring lesions, surgical excision or Laser therapy may be considered.

What is the likely outcome of Naevus Comedonicus?

Naevus comedonicus persists throughout the individual's life. Most patients will only seek treatment for cosmetic purposes.

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