



COSMETIC WARTS

Pulmonary Medicine

**Talasila Sree
Ranya**

Junior Resident.

**Dr. Bhushan
Madke**

Professor.

KEYWORDS

HPV, Verruca, Isotretinoin

INTRODUCTION

Flat warts (verruca plana) are commonly caused by Human papillomavirus (HPV)-3 or HPV-10, HPV-28 and HPV-29. Flat warts present as multiple 2 to 4-mm skin-coloured or brown-to-pink flat papules over pale skin and as hyperpigmented papules over darker skin.(1) Typically, flat warts present with relatively smooth surfaces, and slightly elevated, flat-topped papules on the dorsal hands, arms or face (2). Flat warts spontaneously remit amongst all HPV infections(2). They can be treated with radiofrequency ablation or with topical tretinoin cream. (3)

Clinical Presentation

A 25-year-old woman presented with a complaint of multiple dark and light-coloured, flat-raised lesions along both eyebrows and a few lesions over the forehead for the past four months. The patient reported that the lesions started appearing two months after the threading procedure done in a beauty parlour. Cutaneous examination showed multiple brown flat-topped papules over the eyebrow area and a few lesions on the forehead. (Figures 1 and 2) A clinical diagnosis of parlour-associated verruca plana (cosmetic warts) secondary to threading was made. We have prescribed our patient oral isotretinoin (0.5mg per kg, oral zinc and topical tretinoin gel 0.025%).



A 21-year-old female has visited our dermatology opd for a white colored lesion below the left eyebrow. She has reported that the lesion has appeared just after few days of getting threading of eyebrow done. The lesion was pearly white and umbilicated in the centre. As of treatment needling was done and tzanck smear was done which confirmed the diagnosis of molluscum contagiosum

Threading is a popular parlour procedure wherein excess of eyebrow hairs are epilated with a help of a thin cotton thread to give a sharp shape to eyebrows.(4) The appearance of warts at the site of threading is an unusual phenomenon. In our case, the appearance of verruca plana could be due to the inoculation of viral particles from an HPV-laden material used in the parlour.

Sharing of parlour material (tweezers, threads and sharp instruments) is responsible for transmission of infectious material. Prevention of fomite-borne transmission of infections can be achieved by following standard safety protocol by the parlour personnel. Ideally, fresh disposable material should be used by parlour personnel for each client. Cost-cutting measures by parlour management often lead to the re-use of inadequately sterilized instrument. All sharp instruments should be sterilized by either steam sterilization or hypochlorite solution.

DISCUSSION

Rajesh Kumar, et.al; reported two similar cases wherein koebnerization from the initial lesion patients own body and second one was similar to our case that has been spread from the infected instruments from the saloon.(5)

Verma SB had reported about the spread of verruca plana as one of the least spoken complications and elaborated on complications of shaping of eyebrows with threading which include erythema, folliculitis, pseudofolliculitis, hyperpigmentation and depigmentation including koebnerization of vitiligo. Saloon procedures like threading, trimming, tweezing, and waxing have spread various infections. (6)

In a study that was done for one year in among 102 patients it is observed that verruca plana occurs in very less number of patients almost 6 patients in whole year(7)

Our case highlights the transmission of cutaneous viral infection by use of infected material and instrument used in various saloon procedures. Though plane viral warts may regress spontaneously, rapid infection clearance can be achieved using oral retinoid and immunomodulatory drugs.

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