

Innovations

Surgical pearl: Chemical cautery of localized lichen simplex chronicus

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PROBLEM

Neurodermatitis with localized, intensely itchy lichenified plaque is known as lichen simplex chronicus. Despite receiving appropriate medical care and physical therapy, it continues to occur.^[1] Laser, cryotherapy, and excision are advised as physical treatments.^[2] However, these physical therapies are more expensive and less common in the clinic.

SOLUTION

To combat the physical therapy related difficulties, we used trichloroacetic acid (TCA), which is readily available and cost effective, for chemical cauterization of the lesions. First, chemical spot therapy is used to assess the effectiveness and potential side effects at the affected area [Figure 1]. After this, the rest of the lesion is cauterized. Following cautery, topical antibiotics and moisturizers are applied to the lesion to promote good and quick healing. Without experiencing any serious adverse effects, the treated lesion recovered in 2–3 weeks [Figure 2]. Two individuals with lichen simplex chronicus responded well to treatment TCA cautery may therefore be a



Figure 1: Spot chemical cautery was performed on one-half of the lesion.

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Figure 2: The remaining half of the lesion is cauterized chemically.

useful therapeutic method. It is a preliminary report, though. An extensive randomized case-control research should be conducted to support the efficiency of TCA cautery.

Declaration of patient consent

Patient's consent not required as patients identity is not disclosed or compromised.

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Conflicts of interest

There are no conflicts of interest.

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