

SEBACEOUS HYPERPLASIA

Sebaceous hyperplasia is the term used for enlarged sebaceous glands seen on the forehead or cheeks of the middle-aged and elderly. Sebaceous hyperplasia appears as small yellow bumps up to 3mm in diameter. Close inspection reveals a central hair follicle surrounded by yellowish lobules. There are often prominent blood vessels, best seen using dermoscopy.

The sebaceous hyperplasia lesions are sometimes confused with basal cell carcinoma.

Treatment

Sebaceous hyperplasia is harmless and does not require any treatment. However, individual lesions may be removed by light cautery, diathermy or laser vaporization.

When the lesions are severe, extensive or disfiguring, topical Retin-A, oral isotretinoin or, in females, antiandrogens, may help improve the appearance.