

# An unusual variant of lichen nitidus: Generalized follicular spinous with perifollicular granulomas

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## Introduction

Several uncommon variants of lichen nitidus are described

- Perforating
- Vesicular
- Spinous follicular
- Linear
- Haemorrhagic
- Palmo-plantar

Generalized follicular spinous with perifollicular granulomas

- Present as a diagnostic challenge
- Rare and has unusual clinical and histological features

## Discussion

Spinous follicular lichen nitidus with perifollicular granulomas (peri-appendageal lichen nitidus) is extremely rare and DDs include:

- Lichen scrofulosorum- Has evidence of tuberculosis & no evidence of lichen nitidus histologically.
- Rosacea, perioral dermatitis and lupus miliaris disseminatus faciei- Similar histopathology but have distinct clinical features, usually confined to face.
- Follicular mucinosis- Similar clinical presentation but have distinct histopathology (follicular spongiosis & mucin deposition in absence of granuloma)

## Conclusion

- This rare variant of lichen nitidus, generalized follicular spinous with perifollicular granulomas, may be added to the list of entities presenting as generalized papules with perifollicular granulomas.

## References

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- Deza G, Gallardo F, Barranco C, et al. Disseminated Granulomatous Perifollicular Dermatitis With Comedones: A Follicular Variant of Lichen Nitidus or a New Entity? Am J Dermatopathol. 2018;40:694-698.

## Case Report

### Clinical

19-year-old girl with grouped itchy papules on her trunk and extremities of 1.5 years duration



Grouped pin-head sized, shiny skin-colored to mildly erythematous papules coalescing to form discoid plaques with follicular scales over trunk

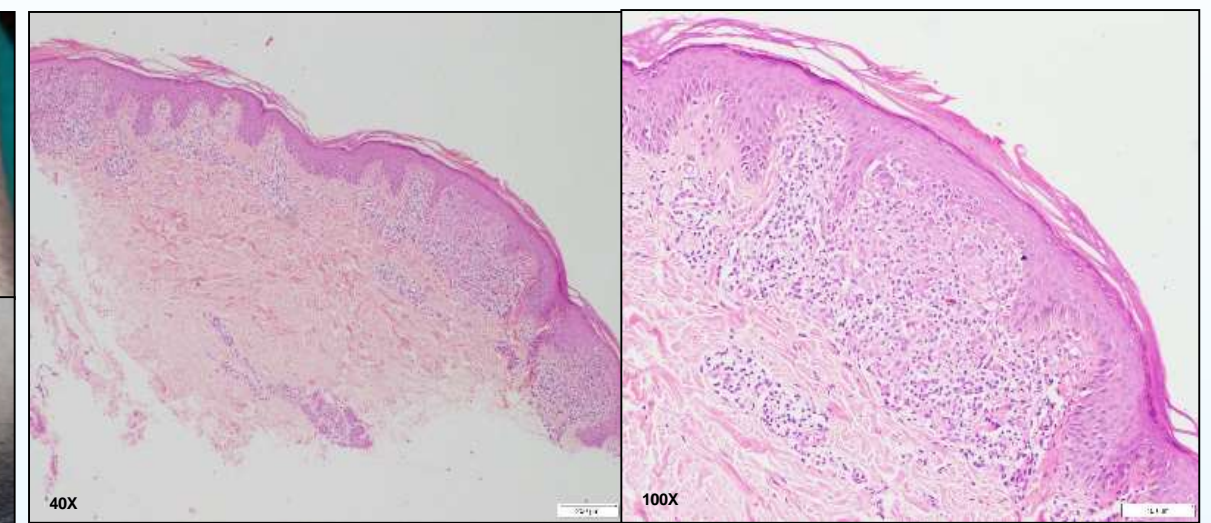
Follicular keratotic papules over the lower abdomen, thighs & popliteal fossae



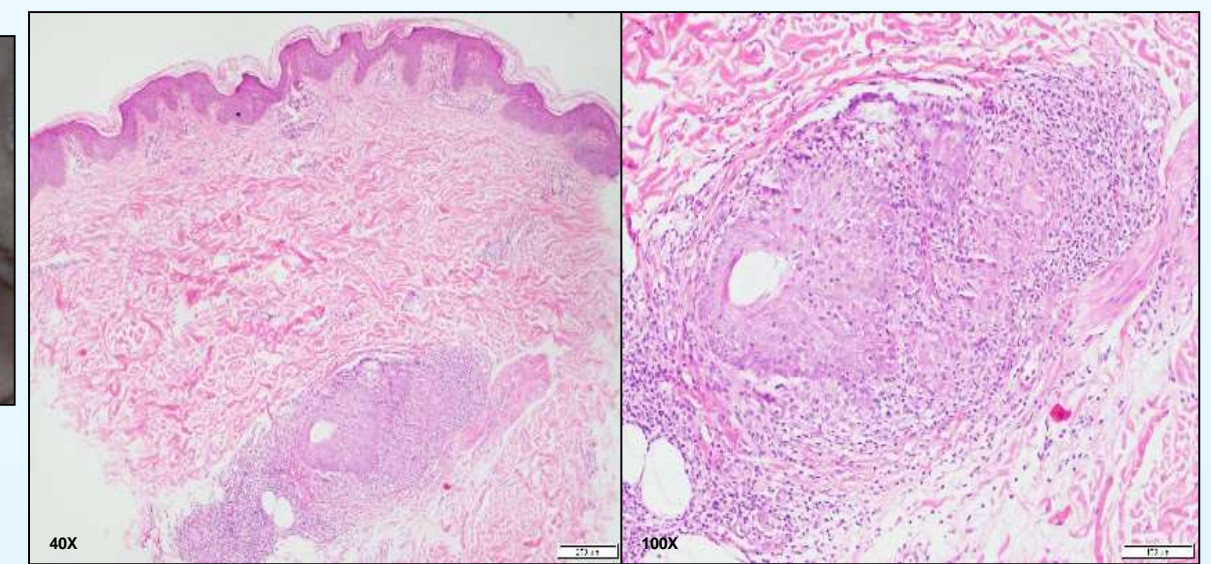
Palms and soles: erythematous plaques with fine punctate scaling

### Histopathology

Characteristic features of lichen nitidus in papillary dermis and perifollicular granuloma in lower dermis



Tiny papule from hand showed a focal collection of epithelioid histiocytes, lymphocytes and few giant cells in the dermal papillae surrounded by elongated rete ridges, with overlying focal basal cell damage (diagnostic feature of lichen nitidus)



Keratotic papule on the popliteal fossa showed a dense collection of epithelioid histiocytes, lymphocytes and giant cells around a hair follicle in the mid dermis (suggestive of perifollicular granuloma)

### Laboratory Investigations

- CBC, LFT, RFT- normal
- Mantoux test- negative
- X-ray chest and dorso-lumbar spine- normal
- USG abdomen and pelvis- normal
- Urine & sputum for acid fast bacilli- negative