A rare serpiginous pattern of epidermolysis bullosa pruriginosa

A 31-year-old man presented with a history of symmetrical, extremely pruritic, raised skin lesions associated with oozing of clear fluid over the lower limbs and back for 20 years. The patient mentioned the presence of preceding fluid-filled lesions and was distressed by the appearance which severely hampered his quality of life.

On examination, multiple linear hyperpigmented, lichenified plaques with atrophic scarring in a serpiginous pattern were seen over bilateral lower limbs and sacral area. A few tense bullae were present over the shins with multiple, well-defined hypopigmented patches over the lower limbs and back, indicating previous lesions. [Figure 1]

Histopathology revealed hyperkeratosis with focal parakeratosis. Epidermis showed a suprabasal bullous lesion with RBCs, fibrin, and scanty neutrophils. Dermis revealed a mild increase in collagen bundles, focal melanin incontinence, and perivascular mild chronic inflammatory cells. Diagnosis of epidermolysis bullosa pruriginosa was made and symptomatic treatment was given in the form of antihistamines and topical steroids.

A linear pattern of lesions has been reported, serpiginous pattern as seen in our case is quite rare.

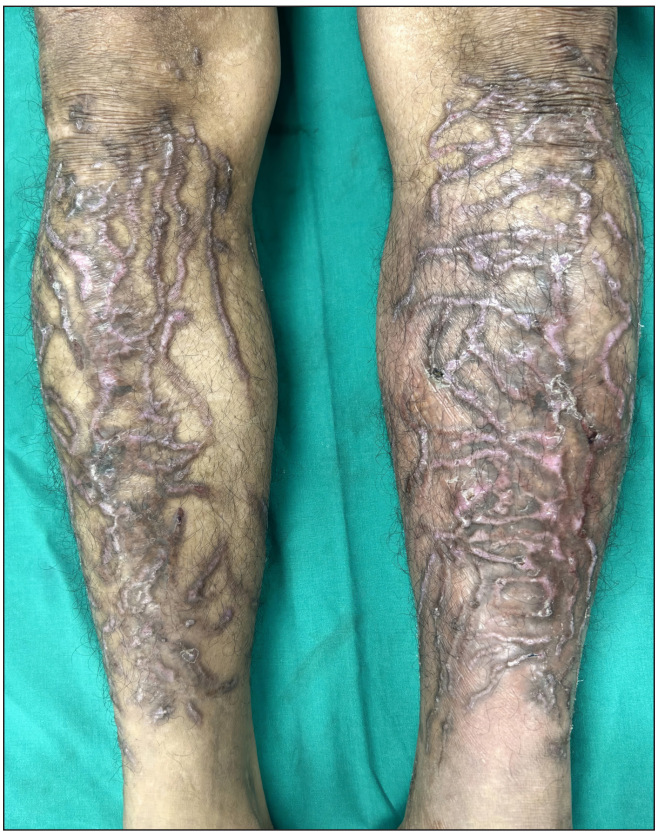

Figure 1: Well-defined hyperpigmented to lichenified plaques with atrophic scarring in a serpiginous pattern over bilateral lower limbs indicating epidermolysis bullosa pruriginosa.

Declaration of patient consent

The authors certify that they have obtained all appropriate patient consent.

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Conflicts of interest

There are no conflicts of interest.

Use of artificial intelligence (AI)-assisted technology for manuscript preparation

The authors confirm that there was no use of artificial intelligence (AI)-assisted technology for assisting in the writing or editing of the manuscript and no images were manipulated using AI.

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