CASE REPORTS

PERSISTENT CONGENITAL MILIA WITH NAEVUS SPILUS

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We are reporting a case of solitary persistent left-sided endoareolar congenital milia in association with no serious malformation or abnormality of any structure except the presence of naevus spilus, on the back of the ipsilateral forearm.

Key Words : Congenital milia, Naevus spilus

Introduction

Milia are minute cysts containing sebaceous material and regarded more as a physiological variant rather than a true developmental defect of the pilo-sebaceous follicles. Milia are present at birth in about 40% of normal infants. They disappear spontaneously during the third or fourth week but a few may persist until the third month. Those on the oral mucous membrane may be rather more persistent but all are eventually shed.

Case Report

A 10 days healthy female baby had a pin-head-sized mass since birth on the left side of the chest. The cutaneous examination revealed a 1 mm whitish to flesh-coloured firm papular lesion within the left areola in the 3 O'clock position to the nipple and diagnosed as a solitary congenital milia. Interestingly, the milium has still been existing without showing any softening, an important sign in fading lesion, in a follow-up period of 2½ years. A lesion of naevus spilus was also discovered on the back of the left fore-arm in the form of two connecting oval and almost rectangular smooth, flat brownish segments of the sizes 3.5x2 cm and 2x1 cm and exhibiting irregular flail-like projections. Patient had no other medical problem.

Discussion

Persistence of the milium for a period as long as 2½ years without any sign of regression is the most striking feature in the present case. Endo-areolar site of occurrence, persistence at a non-mucosal site, absence of any malformation of the face or evidence of hypotrichosis with proper physical and mental development make the case worth reporting.

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