

A brief note on granuloma facial and their skin disorders.

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Introduction

Granuloma facial is a rare skin disorder that affects a small percentage of the population. This condition is characterized by the development of red or brownish bumps and patches on the skin, primarily on the face. While granuloma facial is considered benign and non-cancerous, it can cause cosmetic concerns and discomfort for those affected. In this article, we will explore the various aspects of granuloma facial, including its causes, symptoms, diagnosis, treatment options, and the impact it has on individuals' lives.

Causes and risk factors

The exact cause of granuloma facial remains unknown, making it an enigmatic skin condition. While the underlying cause remains a subject of on-going research, several factors have been proposed to contribute to its development. These potential factors include:

Immune system dysfunction: Some researchers believe that granuloma facial may be related to an abnormal immune system response, where the body's immune cells attack healthy skin tissue [1].

Genetic predisposition: There may be a genetic component to granuloma facial, as it has been reported to run in some families.

Environmental triggers: Exposure to certain environmental factors, such as sunlight or trauma to the skin, has been suggested as potential triggers for the development of granuloma facial lesions.

Inflammatory processes: Granuloma facial is considered an inflammatory disorder, and it is thought that inflammation plays a key role in its pathogenesis.

While these factors have been proposed, the precise interplay among them remains unclear. Additionally, the condition is not contagious, and it does not result from poor hygiene or lifestyle choices [2].

Symptoms

Granuloma facial typically presents as distinct skin lesions on the face, though it can occasionally appear on other parts of the body. The main symptoms and characteristics of granuloma facial include:

Skin lesions: The hallmark of granuloma facial is the presence of raised, reddish-brown, or skin-colored papules, nodules, or

plaques. These lesions can range in size from a few millimeters to several centimeters in diameter.

Lack of symptoms: In most cases, granuloma facial is not associated with pain, itching, or discomfort. It tends to be asymptomatic, which can make diagnosis challenging as individuals may not seek medical attention until they become concerned about their appearance.

Distribution: Lesions tend to appear symmetrically on the face, often affecting the cheeks, nose, forehead, and ears. Rarely, they can develop on the trunk or extremities.

Chronicity: Granuloma facial is a chronic condition, and the lesions may persist for months or years without treatment [3].

Diagnosis

Diagnosing granuloma facial is primarily based on clinical examination and skin biopsy. The following steps are typically involved in the diagnostic process:

Clinical evaluation: A dermatologist will examine the affected skin and assess the characteristic appearance of the lesions. It is important to rule out other skin conditions with similar features, such as lupus, sarcoidosis, or basal cell carcinoma.

Skin biopsy: A small sample of the affected skin is usually taken for a biopsy. This procedure involves removing a tiny piece of tissue for laboratory analysis. The biopsy can help confirm the diagnosis by revealing the specific histopathological changes associated with granuloma facial.

Differential diagnosis: The dermatologist will differentiate granuloma facial from other skin disorders based on clinical presentation and biopsy results [4].

Treatment options

The management of granuloma facial can be challenging, as the condition is often resistant to various treatment approaches. The choice of treatment depends on the severity of the lesions and individual patient preferences. Treatment options include:

Topical corticosteroids: Mild cases of granuloma facial may respond to topical corticosteroid creams or ointments. These anti-inflammatory medications can help reduce redness and swelling.

Intralesional corticosteroid injections: For more stubborn or larger lesions, a dermatologist may administer corticosteroid

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injections directly into the affected areas. This can lead to a reduction in the size and appearance of the lesions.

Cryotherapy: Cryotherapy involves freezing the lesions with liquid nitrogen, causing them to blister and eventually fall off. This treatment may be effective for isolated lesions.

Laser therapy: Lasers, such as the pulsed dye laser or CO2 laser, can be used to target and remove granuloma facial lesions. Laser therapy is often considered for cases where other treatments have been ineffective.

Immune modulators: Some individuals may benefit from medications that modulate the immune system, such as dapsone or topical tacrolimus. These drugs aim to suppress the immune response responsible for the formation of granuloma facial lesions.

Oral medications: In rare cases or when the condition is more severe, oral medications like oral corticosteroids, antimalarials, or immunosuppressants may be prescribed to control inflammation and prevent the progression of the disorder [5].

Conclusion

Granuloma facial is a rare and enigmatic skin disorder that primarily affects the face. While it is not life-threatening, the condition can have a significant impact on an individual's emotional well-being and quality of life due to its visible and often disfiguring nature. Diagnosis and treatment require the expertise of a dermatologist, and management strategies may include topical and systemic medications, laser therapy,

and other interventions. Living with granuloma facial can be challenging, but individuals affected by this condition should seek the support of healthcare professionals, support groups, and counseling to address both the physical and emotional aspects of the disorder. As research into the underlying causes and treatment options continues, there is hope that more effective therapies will become available, ultimately improving the lives of those living with granuloma facial.

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