

GOODBYE TO A CHILDHOOD FRIEND - EPIDERMAL CYST

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Introduction: Epidermal cyst is a noncancerous soft tissue mass arise from the skin with/without bony involvement. It's commonly found on the face, neck or trunk. An unusual occurrence on the finger often requires surgical removal.

Discussion: A 60-year-old lady who is a farmer presented with a lump over the middle phalanx of left index finger. The swelling started since childhood, initially small and progressing very slowly in size, and denied any trauma prior to it. She denied any constitutional symptoms and didn't seek for any treatment due to her heavy daily chores to raise her family, and it wasn't causing any restriction of movement or sensation of the finger. The swelling was painless, and never had a punctate or discharge. Radiograph shows soft tissue swelling without bony involvement. Excisional biopsy was performed, histopathology report shows epidermal inclusional cyst. Post-operatively, wound healed with minimal scarring, resumed normal range of movement with sensation intact. Epidermal cyst is a benign soft tissue swelling arise from subcutaneous tissue. It's commonly found in face, neck and trunk, rarely in the digits. Most patients remain asymptomatic unless ruptured, infected, or malignancy transformation. Differential diagnosis considered are ganglion cyst, giant cell tumour, sebaceous cyst, foreign body granuloma etc. Rapid growing in size should raise an alert. In this case, the swelling was round, firm, mobile, non-tender. Excisional biopsy was performed under local anaesthesia. Brunner's skin incision made and swelling removed in toto. It was well capsulated, containing thick yellowish keratinous material. Histopathology shows stratified squamous epithelium with multinucleated cells, reported as epidermoid cyst.

Conclusion: Epidermal cyst is a benign soft tissue commonly found in face, neck, back, trunk and rarely in digits. Surgical removal might be required when it occurs at unusual location like digits. Rapid growing in size should raise an alert as it has property of malignancy transformation.