

Extensive Self-Induced Skin Lesions in a 15-Years-Old Girl and Successful Treatment with a Combined Laser Technique

Andrea Bassi^{1,2*}, Alice Verdelli², Cesare Filippeschi¹ and Paolo Bonan²

¹Dermatologic Department, Meyer Children Hospital, Florence, Italy

²Villa Donatello Laser Surgery Unit, Florence, Italy

Volume 3 Issue 5- 2020

Received Date: 16 Feb 2020

Accepted Date: 05 Mar 2020

Published Date: 11 Mar 2020

2. Keywords

Dermatite Artefacta; Self-induced Skin Lesions; Laser Therapy

1. Clinical Image

A 15 years old girl followed by our Neuropsychiatric Children Department for a borderline disorder and anorexia nervosa, presented with a 7 months history of multiple horizontal skin lesions with an erythematous-edematous appearance, almost localized on the lower legs. Closed to these more active recent lesions, linear atrophic and hypertrophic skin lesions were present without erythematous surface (Figure 1). The girl denied any self-harm, but parents referred she has started to cut herself and self-injury. She had been previously treated with local steroids without any results. A 3D photographic system confirmed the prevalence of the vascular component of each skin lesions and led us to start a combined laser treatment: first 5-pulsed dye laser sessions (Synchro VasQ laser by DEKA) with 45 days of interval was performed in order to reduce the redness and, at least, two fractional-Co2-laser sessions associated with radiofrequency (SmartXide2 DOT/RF by DEKA) with 30 days of interval was performed. Before each laser sessions topical anesthetic cream was applied for 1 hour. We achieved an almost complete resolution of the all the lesions, without any side effects, as confirmed at the end by the 3D photographic system (Figure 2, 3). Next to the clinical improvement of the skin lesions, also a markedly improvement of the girl's psychological state was achieved.

Dermatitis artefacta is defined as the deliberate and conscious production of self-inflicted skin lesions to satisfy an unconscious psychological or emotional need [1, 2]. Depending on the methods used, lesions are often bizarrely shaped, usually oddly distributed on the body and, most of the time, are produced at sites easily accessible to the patients [3]. The recognition of these lesions is important to avoid any inappropriate treatment, as sometimes it could be a mimicker of other dermatologic conditions. We also emphasize that laser therapy may be a valid therapeutic option for these complicated skin disorders in which the mind plays a key role [4].



Figure 1: clinical appearance of the self-inflicted skin lesions.

*Corresponding Author (s): Andrea Bassi, Department of Dermatologic, Meyer Children Hospital, Florence, Italy, Tel: +39-3389340371, E-mail address: bassi76@interfree.it



Figure 2: marked clinical improvement after laser combined sessions.



Figure 3: 3D photographic system before and after treatment

References

1. Gupta MA, Gupta AK. Self-induced dermatoses: A great imitator. *Clin Dermatol.* 2019; 37(3): 268-277
2. Lavery MJ, Stull C, McCaw I. Dermatitis artefacta. *Clin Dermatol.* 2018; 36(6): 719-722.
3. Gattu S, Rashid RM, Khachemoune A. Self-induced skin lesions: a review of dermatitis artefacta. *Cutis* 2009; 84(5): 247-251.
4. Radmanesh M, Mehrmiri S, Radmanesh R. Fractional Co2 laser is as effective as pulsed dye laser for the treatment of hypertrophic scars. *J Dermatolog Treat.* 2019; 25: 1-4.