Treatments: Skin

FIBROFOLLICULOMAS

- Fibrofolliculomas are small pale skin bumps most commonly found on the face, neck and upper body in people with BHD. They usually start to appear in your twenties and your may develop more as you age.
- They are **not cancerous or dangerous to your health**, but you may feel self-conscious about them.
- There are currently no treatment options that will prevent the growth of new fibrofolliculomas. Due to the genetic nature of BHD, treatments are often only temporary and recurrence of fibrofolliculomas is common.
- This leaflet provides an overview of some available treatments however you should **always discuss treatment options and their side effects with a dermatologist**.
- Availablity of treatments will also depend on your national health system or insurance.

TREATMENTS

Available treatments include:

- **Laser**: Several types of laser treatments have been used to treat the lesions associated with BHD. The most commonly used are CO2, Erbium:YAG lasers, or a combination of the 2. There is often little scarring with this approach.
- **Cryoablation**: This involves the use of cold electrodes to freeze and destroy tissue. It is very precise and results in little scarring
- **Cautery**: This method uses a heated electrode to destroy tissue, but may leave more scarring compared to other methods.
- **Radiofrequency Ablation**: Similar to cautery, a probe delivers an electric current directly to target tissues, which rapidly heats and destroys them, but is associated with fewer side effects than cautery,
- **Hyrefaction**: A type of radiofrequency, hyrefaction has been used successfully to treat fibrofolliculomas. It can also be combined with **curettage** which involves the removal of skin lesions using a sharp spoon-shaped surgical implement.
- **Surgery**: Fibrofolliculomas can be removed surgically, but this can lead to scarring.