

LICHEN NITIDUS



Kathleen W. Judge, M.D.

Medical Director

*Diplomate American Board of Dermatology
Dermatology and Dermatologic Surgery*

Lichen Nitidus is a chronic inflammatory condition of unknown origin that usually affects children and young adults. Typically, there are 1 to 2 mm discrete flat-topped pale or light flesh-colored bumps on the skin surface. Occasionally the bumps may be scaly or itchy, but often they are asymptomatic

It is not uncommon for the patient to have groups of these bumps arranged in linear patterns, especially on the forearms or legs. Lesions may appear in localized areas on the chest, abdomen, extremities, and the penis. Rarely, the lesions can be limited to the palms and soles, or widely spread over the body.

Lichen Nitidus is not caused by an infection and is not contagious, and because it is asymptomatic and self-limited, no treatment is required. If the lesions do itch, treatment is typically just symptomatic to relieve the symptoms until the eruption resolves on its own. It does not usually leave permanent marks on the skin unless the lesions are picked or scratched by the patient.