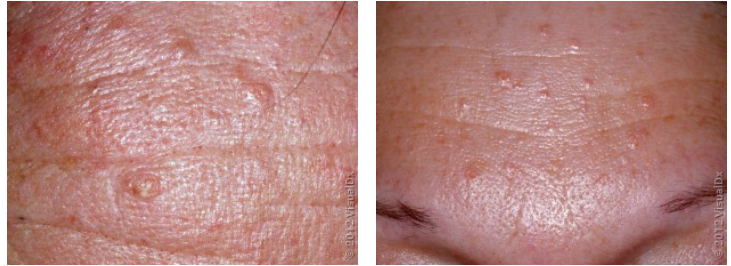


Sebaceous Hyperplasia

Sebaceous hyperplasia is a common, harmless condition where sebaceous (oil) glands become enlarged and filled with an oily substance called sebum. These enlarged glands most often appear on the central face, such as the forehead. There may be just one lesion, but more often there are multiple lesions.

Typically, sebaceous hyperplasia lesions are small and do not present any health concern, but in rare instances they can be numerous and become disfiguring.



Who's At Risk

Sebaceous hyperplasia usually occurs in middle-aged and older adults. It can occur in younger individuals, though, usually in instances where the condition runs in the family.

People on long-term cyclosporin A for organ transplants are also prone to developing sebaceous hyperplasia.

Signs & Symptoms

Lesions may be single or multiple. They are seen in areas where many oil glands are found, such as the face (nose, cheeks, and forehead), chest, and upper arms.

They are small (2-9 mm), painless, yellowish or sometimes pink or tan papules (small, solid bumps), often with a central depression or dimple.

Self-Care Guidelines

Wearing cosmetics to camouflage the sebaceous hyperplasia can help those who want to minimize the appearance of the lesions.

When to Seek Medical Care

Sebaceous hyperplasia is harmless and there is no medical necessity to remove the lesions. However, see your medical professional if you have a new growth on the skin that is different from the other growths you have, or one that is painful or growing.

Also see your Doctor Edges medical professional if you have sebaceous hyperplasia and:

- The lesions are cosmetically bothersome to you.
- The lesions become irritated (such as by shaving, glasses, or clothing).
- You have many lesions (over 10) or if they are growing or bleeding.