

## Idiopathic Eruptive Macular Pigmentation



A 9-year-old girl presented with multiple, asymptomatic pigmented skin eruptions over the trunk and face that had been present for 3 months. She had no previous history of skin lesions or relevant drug intake. Cutaneous examination revealed multiple discrete, dark-brown, round-to-oval macules, patches (0.5–2 cm in diameter), and flat-topped velvety plaques over the trunk, back, face, and extremities, sparing the palms and soles (Figure). Lesional Darier sign was negative. Examination of the remaining mucocutaneous sites and systemic examination was negative. Routine laboratory investigation was normal. Histopathological findings of irregular acanthosis, slight papillomatosis, basal layer hyperpigmentation, and few melanophages in the papillary dermis reaffirmed the clinical impression of idiopathic eruptive macular pigmentation (IEMP). The patient was advised to apply emollients, and she and her parents were counseled, emphasizing the benign, self-resolving nature of the condition.

IEMP is an uncommon, idiopathic, benign melanosis characterized by sudden eruption of asymptomatic discrete, non-confluent brownish-black macules involving the neck, trunk, and proximal extremities. Children and adolescents are usually affected.<sup>1</sup> The diagnostic criteria summarized by Sanz de Galdeano et al<sup>2</sup> encompass both clinical and histopathological features to rule out similar differentials. This benign disorder should be differentiated from urticaria pigmentosa, lichen planus pigmentosus, erythema dyschromicum perstans, fixed drug eruption, and post-inflammatory hyperpigmentation.<sup>3</sup> Active intervention is not necessary in IEMP, because it is a self-limiting disorder undergoing spontaneous remission within months.<sup>4</sup> Knowledge of this rare entity can help ensure correct diagnosis and proper counseling to alleviate anxiety of the patient and parents. ■

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**Figure.** Multiple discrete, dark-brown, round-to-oval macules, patches, and flat-topped velvety plaques over **A**, the front and **B**, back of the patient's trunk.

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