
Disposable syringe punching: An aseptic alternative to a comedo extractor



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CLINICAL CHALLENGE

Generally, dermatologists extract comedones by using a clean comedo extractor in their clinic, but comedo extractors are sometimes not available. The comedones can be squeezed out directly with fingernails or extracted by using alternatives such as pen punching, safety pins, or versatile paper clips^{1,2}; however, these alternatives are hard to find and have contamination issues.

SOLUTION

Common aseptic disposable syringes are an option for comedo extraction (Fig 1, A). The diameter of the tip of a needleless syringe is approximately 2 mm (Fig 1, B). The lesions should be prepped with alcohol (Fig 1, C), and light to medium pressure should be applied directly on top of the lesion with the tip of a needleless syringe (Fig 1, D) until all of the material is exposed (Fig 1, E, F). If the lesion is a closed comedo, a tiny prick incision with the removed beveled needle can be used to slightly pierce the epidermis. Although the patient may feel minor discomfort as a result of pressure, complaints of pain can prompt the physician to stop and retry the technique. The advantages of this technique include the availability of syringes in any clinic and the use of a disposable aseptic syringe that allows the procedure to be conducted aseptically. In addition, there is no need for a scalpel when making prick incisions and no chance for injury because the margin of the syringe tip is blunt, and the 1-cm protruding tip of the syringe can reach concave and deep areas. This technique is useful and easy.

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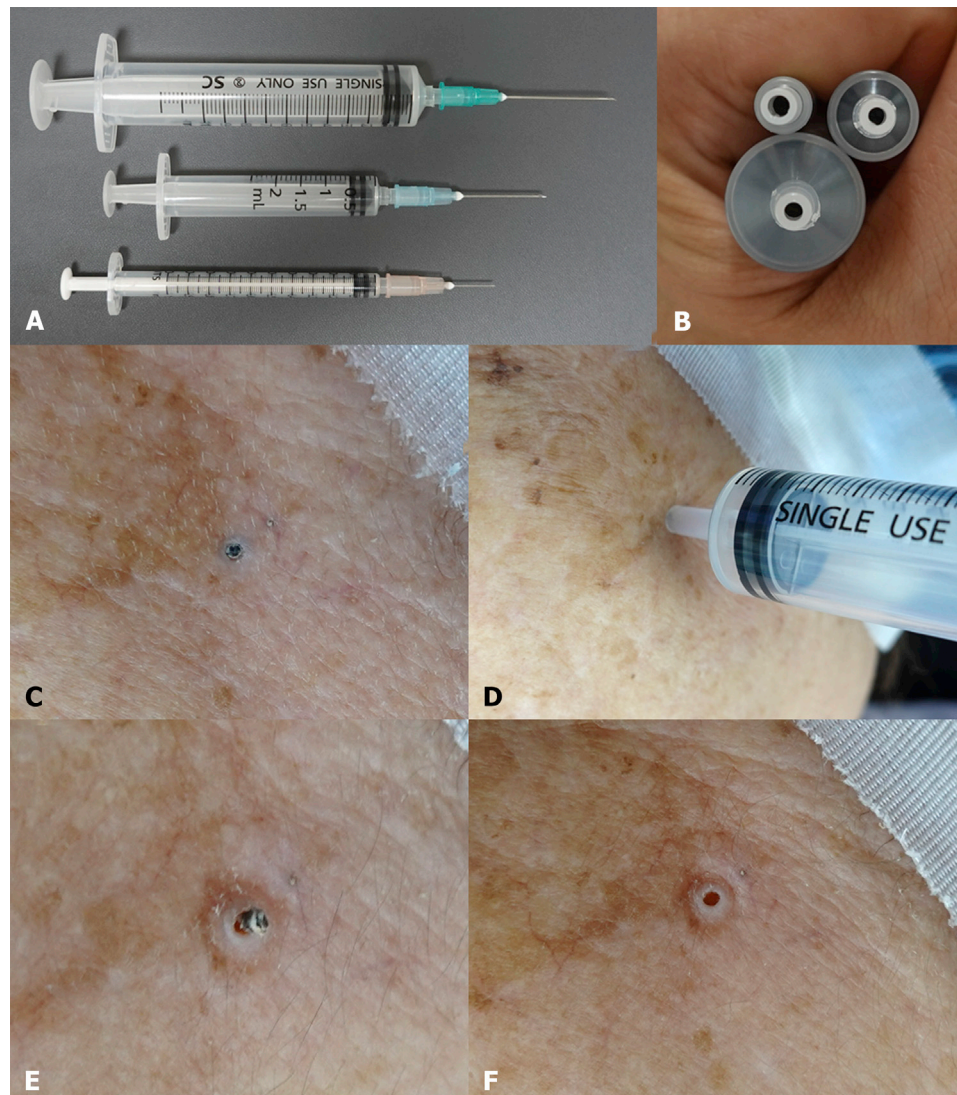


Fig 1. **A**, Three kinds of common disposable syringes, including 10, 2.5, and 1 mL. **B**, The diameters of the tip of needleless syringes are approximately 2 mm, but the 1-mL syringe (left upper one) has the largest diameter. **C**, During surgery, a patient wanted a black comedo removed from the left cheek. **D**, A needleless 10-mL syringe tip was placed on the lesion and light to medium pressure was applied. **E, F**, The comedo was completely extracted aseptically without a comedo extractor.

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