IDIOPATHIC ERUPTIVE MACULAR PIGMENTATION- A RARE MIMIC OF MANY PIGMENTORY DISORDERS

INTRODUCTION
Idiopathic eruptive macular pigmentation is an uncommon, under-reported condition described mostly in children and adolescents presenting with multiple discrete asymptomatic brown-black macules on the face, trunk and proximal extremities without any preceding inflammation or drug exposure. The eruption persists for variable periods of time and clears spontaneously without residual pigmentation or scarring.

About 40 cases of IEMP were reported so far, reflecting the unfamiliarity with the entity and clinical resemblance to many diseases. Dermal melanophages and pigmented papillomatosis are debatable after recent literature with varied opinions.

REPORT OF THE CASE
An 11 year healthy boy presented with asymptomatic brown to black lesions all over his body for the past 6 months. The lesions gradually increased in number and size and were stable for 6 months. The patient denied any prior drug intake or any preceding skin lesion.

Cutaneous examination showed multiple, round to oval hyperpigmented macules ranging from 0.5 to 2 cm over face, neck, trunk, and both extremities. Darier’s sign was negative. Mucosae, hair, nails, palms, and soles; General and systemic examination revealed no abnormality

HPE: Papillomatosis with pigmented rete ridges, no significant dermal melanin, normal mast cell count.

DISCUSSION
Lichen Planus Pigmentosus, Erythema dyschromicum perstans mimic while Post inflammatory hyperpigmentation, Fixed drug eruptions, mastocytosis resemble IEMP. Histopathological examination is the only differentiating and diagnostic method.

Our case was diagnosed as per the criteria except for presence of dermal melanophages which according to many recent studies, IEMP being an epidermal hypermelaosis need not have dermal melanophages.

CONCLUSION
The case is discussed to familiarize it among dermatologists to avoid misdiagnosis, decrease reluctance for biopsies, to highlight the recent changes regarding the pigmented papillomatosis and no dermal melanophages and the presence of Acanthosis Nigricans like lesions.