

ACNE KELOIDALIS NUCHAE

Acne keloidalis nuchae is a common skin problem, which occurs on the neck and scalp. Unfortunately it has this large confusing name but it is a well-recognized condition. If you would tell any dermatologist that you had acne keloidalis he would know exactly what you are talking about.

The name of the condition is a descriptive term. Acne refers to the fact that the bumps tend to be like small pimples. Keloidalis refers to the fact that the pimple like bumps tend to form these scar type or keloid areas. Nuchae is an anatomical term referring to the neck where the problem occurs.

Acne keloidalis tends to occur in young men in their twenties and thirties. Patients who have acne keloidalis often have trouble with ingrowing hairs in the beard area. If the problem is longstanding, the pimple like scars around the scalp hair roots can lead to a thinning of the hair. In some cases this may not be entirely reversible.

Acne keloidalis nuchae usually occurs on the back of the neck and the lower scalp. Often it is preceded by small pus pimples or pimple like inflamed areas. These develop around the hair roots. If the condition persists, the pimples can form scar like or keloid like areas.

Unfortunately the exact cause of this condition is not known. Normally there is treatment which helps significantly in controlling it but technically there is no cure for it.

One of the most effective treatments for acne keloidalis is the injection of a material directly into the bumps. This decreases the swelling and the chance for scarring. In addition, lotion or cream medication can be rubbed into the area, which also helps. The treatment that I will prescribe will be individualized to your case.

Although this problem tends to be persistent, it often can be controlled quite well. Please do not hesitate to ask me any other questions about this problem before you leave the office.