Rhinophyma

Classification and external resources

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Rhinophyma is a condition causing development of a large, bulbous, ruddy nose associated with granulomatous infiltration, commonly due to untreated rosacea.[1]
Signs and symptoms

An example of severe rhinophyma.

Rhinophyma is characterised by prominent pores and a fibrous thickening of the nose, sometimes with papules.[2] It is associated with the common skin condition rosacea. It can carry a strong psychological impact due to its effect on one's personal appearance.[3]
Causes

Alcoholism is mistakenly attributed as a cause of this issue.[4] Alcohol however may cause increased flushing in those affected.[4]

Pathophysiology

Rhinophyma is a slowly progressive condition due to hypertrophy of the sebaceous glands of the tip of the nose often seen in cases of long-standing acne rosacea; it is not a neoplasm. It presents as a pink, lobulated mass over the nose with superficial vascular dilation; it mostly affects men past middle age. Patients seek advice because of the perceived unsightly appearance of the enlargement, or obstruction in breathing and vision.

Diagnosis

Rhinophyma may be diagnosed without testing, but a skin biopsy can confirm the diagnosis.

Treatment

Treatment consists of paring down the bulk of the tissue with a sharp instrument or carbon dioxide laser and allowing the area to re-epithelialise. Sometimes, the tissue is completely excised and the raw area skin-grafted.[5]

Etymology

The term rhinophyma is derived from the Greek rhis ('nose') and phyma ('growth').

References

5. Dingra PL. Diseases of Ear, Nose and Throat (4th ed.). [page needed]