

Sebaceous Gland Hyperplasia

Sebaceous gland hyperplasia presents as small, cream to yellow-colored papules located, most notably, on the face. If you look at the lesions very carefully, you will notice that there is a central depression. Some physicians describe it as looking like tiny donuts. Generally speaking, these lesions will increase in number over time. Rarely, some lesions have been reported to resolve on their own, but the vast majority tend to remain permanently. These represent an overgrowth of the sebaceous glands (oil-producing glands) on the face. Their growth is associated with exposure to different androgen hormones. This explains why sebaceous hyperplasia is more common in men than in women, but it is still seen in all people.

In summary, sebaceous hyperplasia is a harmless condition that is only a cosmetic concern. It does not represent anything bad, such as skin cancer.

Sebaceous gland hyperplasia can effectively be treated with a number of cosmetic procedures, including minor surgery, liquid nitrogen freezing, and most effectively, with laser therapy.

For other helpful skin care information, please visit our website at www.CrutchfieldDermatology.com.