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Bridging the Gap From Clinical Dermatology to Dermatopathology

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Tenured Professor/Chair, Department of Pathology

Past Founding Chair, Department of Dermatology

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University of Mississippi Medical Center

Disclosures: Principal investigator for clinical trials (Novartis and Sanofi); Corevitas psoriasis biologic registry; Stock - Veradermics, Inc

Tips & Tricks in Procedural DERMATOLOGY

This unique compendium of practical *Tips and Tricks in Procedural Dermatology* highlights techniques designed to enhance common dermatologic tests and surgeries. The goal of these innovations is to maximize outcomes by providing simple, quick, efficient, effective, almost "fail-safe" office surgeries that minimize expense and risk for the benefit of our patients.

Careful descriptions and more than clinical photographs and artistic renderings are utilized to demonstrate:

- Optimal methods for performing common office dermatologic tests: potassium hydroxide, scabies, and Tzanck preparations
- Proper choice of biopsy location
- Improvements in routine surgical procedures including shave and punch biopsies, curettage, and suturing techniques
- Techniques involving chemical destruction of appropriate lesions
- Novel enhancements of complex procedures in dermatologic surgery including Mohs surgery, elliptical excisions, nail procedures, flaps and grafts
- Cryotherapy and cryosurgery tips to improve outcomes
- New approaches to light based therapy including photodynamic therapy, vascular lesion laser, pigmented lesion laser, fractionated CO2 laser, and intense pulsed light (IPL) technologies

Robert T Brodell MD is Professor and Chairman of the Department of Dermatology and Professor and Interim Chairman of the Department of Pathology, University of Mississippi Medical Center in Jackson, Mississippi, USA and Instructor in Dermatology at the University of Rochester School of Medicine and Dentistry in Rochester, New York, USA. He has published many tips and tricks in procedural dermatology emphasizing his interest in surgery for the medical dermatologist.



Stephen E Helms MD is Professor and Interim Vice Chairman of the Department of Dermatology at the University of Mississippi Medical Center in Jackson, Mississippi, USA. His subspecialty interest is contact dermatitis and other interests include office (bedside) dermatologic testing and patient safety.



Michael T Cosulich MD is Instructor in Dermatology at the University of Mississippi Medical Center in Jackson, Mississippi, USA. He has a special interest in surgical dermatology and increasing office efficiency.



Jeremy D Jackson MD is Associate Professor of Dermatology at the University of Mississippi Medical Center in Jackson, Mississippi, USA. He is double boarded in Internal Medicine and Dermatology and has subspecialty interests in the areas of cutaneous lymphoma, complex medical dermatology, hospitalist dermatology and photodynamic therapy.



Ashish C Bhatia MD is Associate Professor of Clinical Dermatology at Northwestern University Feinberg School of Medicine in Chicago, Illinois, USA. He is a fellowship-trained dermatologic surgeon with extensive experience in Mohs surgery and reconstruction, cosmetic surgery, and laser applications.



William Abramovits MD FAAD is Professor of Dermatology, Department of Internal Medicine, Baylor Scott & White University Hospital and Assistant Clinical Professor (Dermatology) at the University of Texas Medical School, Dallas, Texas, USA. He has numerous publications and teaching experience in the field of cold as therapy and co-edited a textbook on Dermatological Cryosurgery and Cryotherapy.



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Shelving Recommendation
DERMATOLOGY

Brodell
Jackson
Helms
Schulmeier
Cosulich
Bhatia
Abramovits

Tips & Tricks in Procedural DERMATOLOGY

Efficient and Effective Approaches to
Achieving Optimal Diagnostic and
Therapeutic Results

Robert T Brodell
Jeremy D Jackson
Stephen E Helms
Jennifer Schulmeier
Michael T Cosulich
Ashish C Bhatia
William Abramovits

Tips & Tricks in Procedural DERMATOLOGY



THE POWER OF THE VIGNETTE

- Michael E. Bigby, MD : In singing the praises of evidence-based medicine said: “When something happens almost every **time...even a series of anecdotes make strong evidence**”

#1

*PUNCH
EXCISION OF
KERATINOUS
CYSTS*

*PUNCH EXCISION
OF KERATINOUS CYSTS*

- Theoretical Basis/Dermatopathology

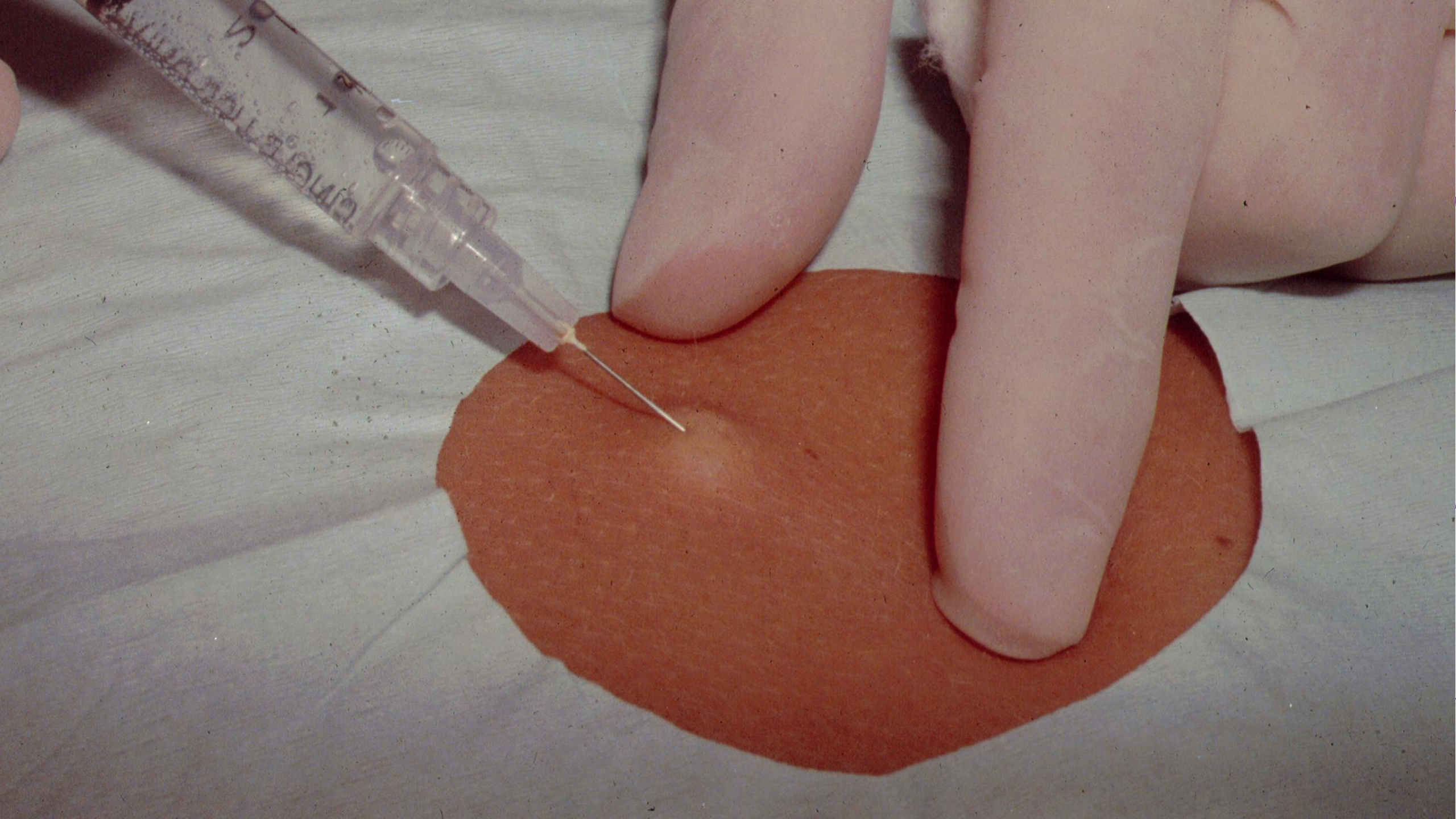
PUNCH EXCISION OF KERATINOUS CYSTS

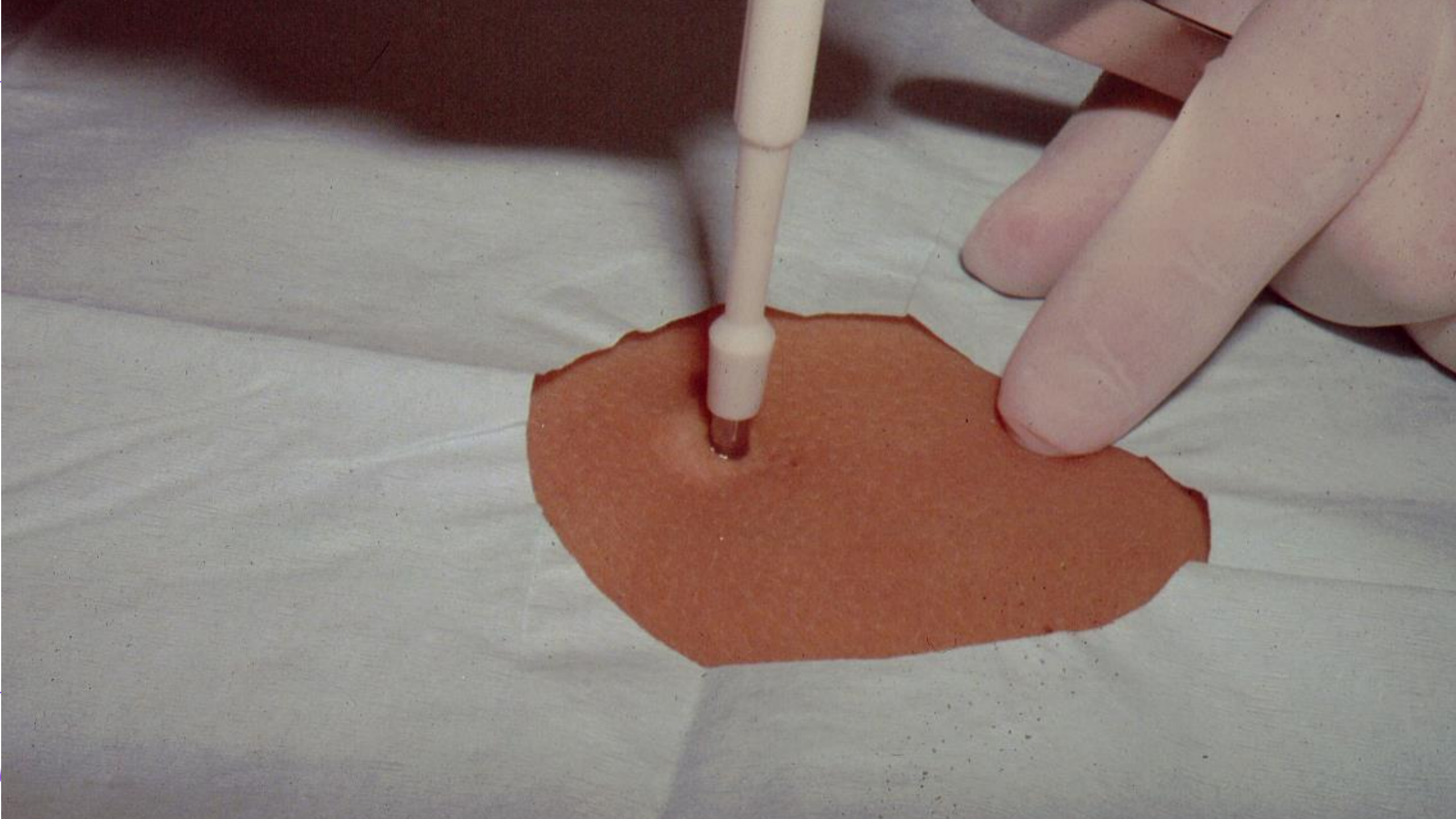
- Theoretical Basis/Dermatopathology
- Patient Selection

PUNCH EXCISION OF KERATINOUS CYSTS

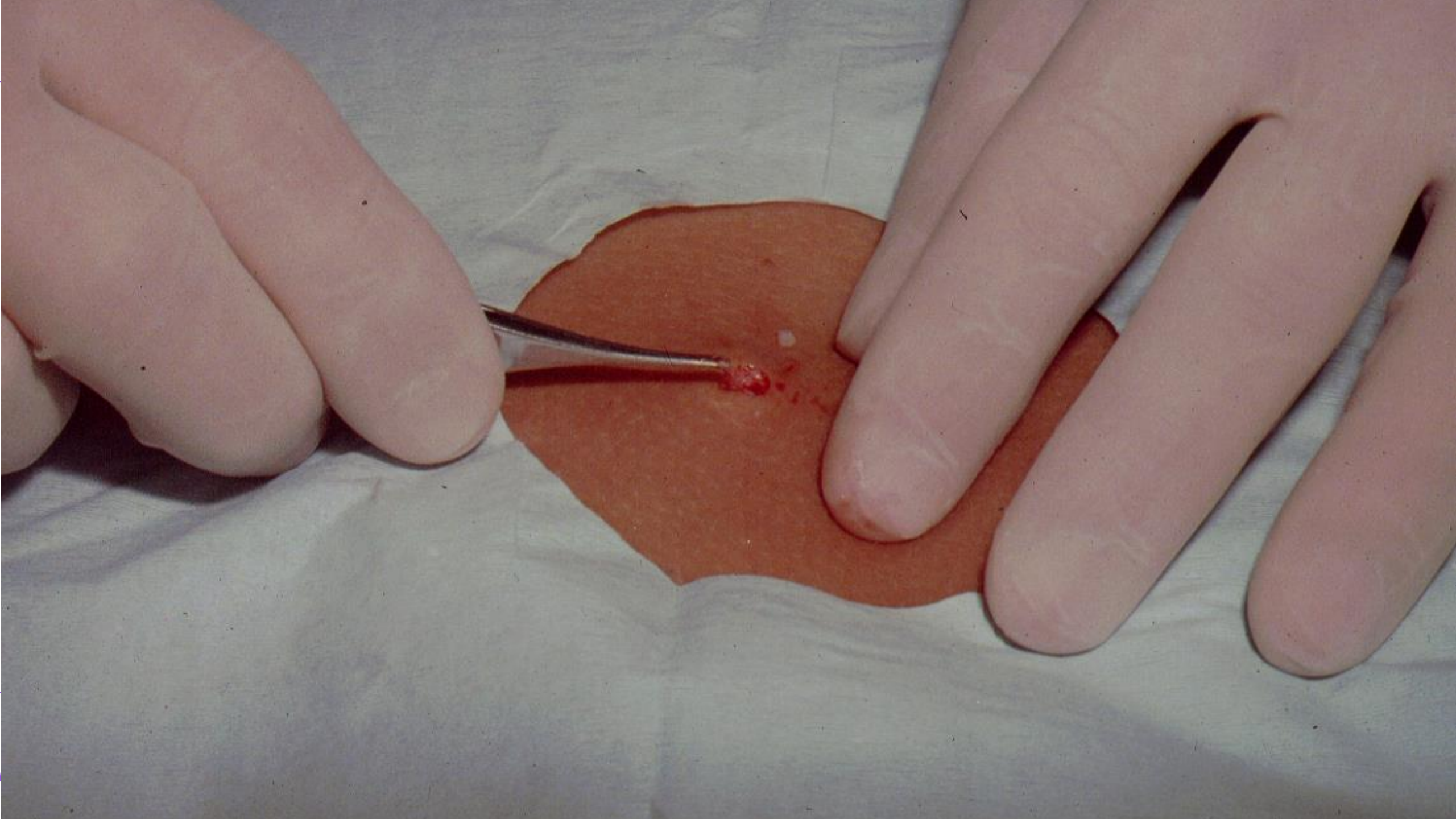
- Theoretical Basis/Dermatopathology
- Patient Selection
- Materials and Technique



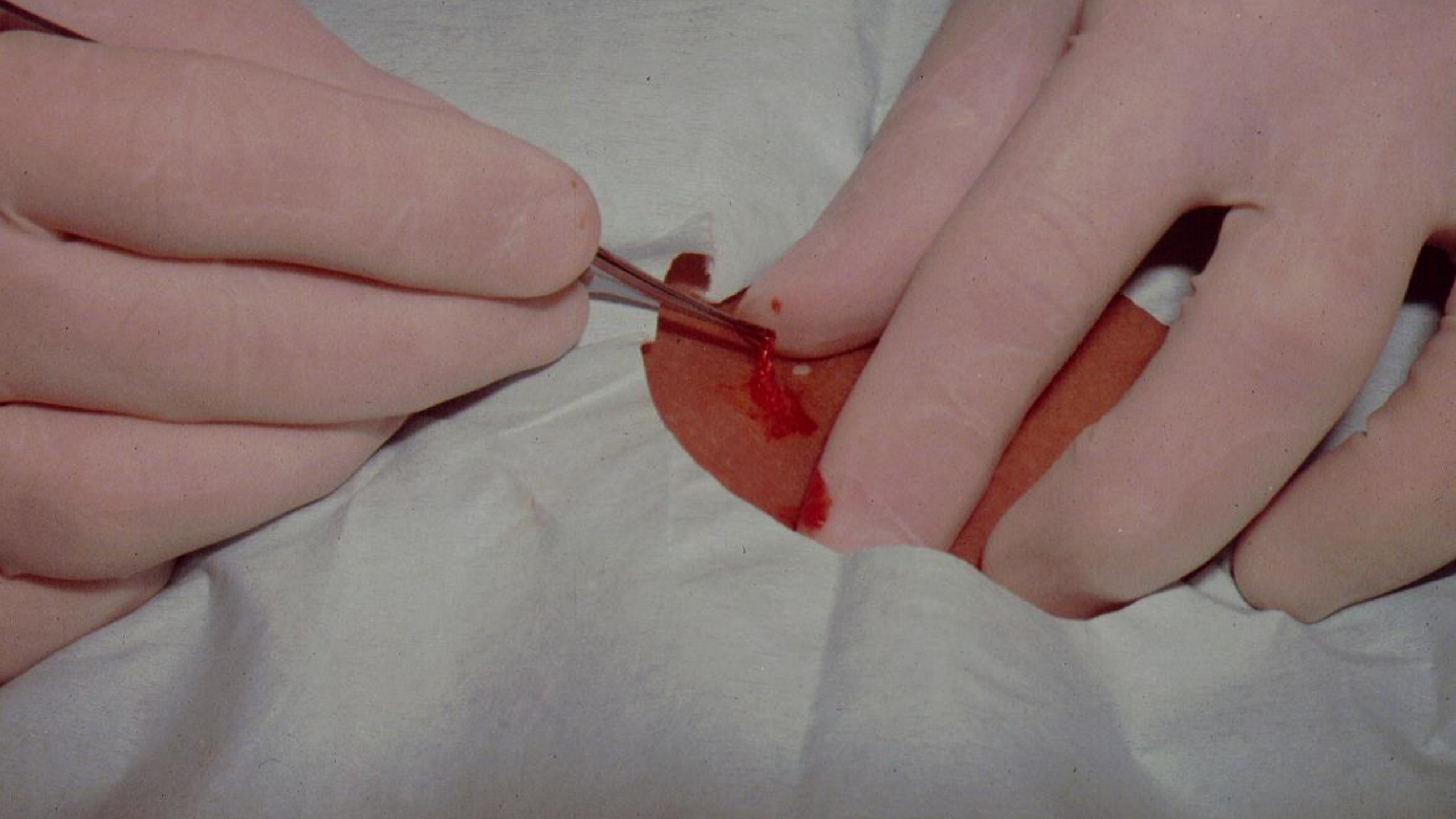


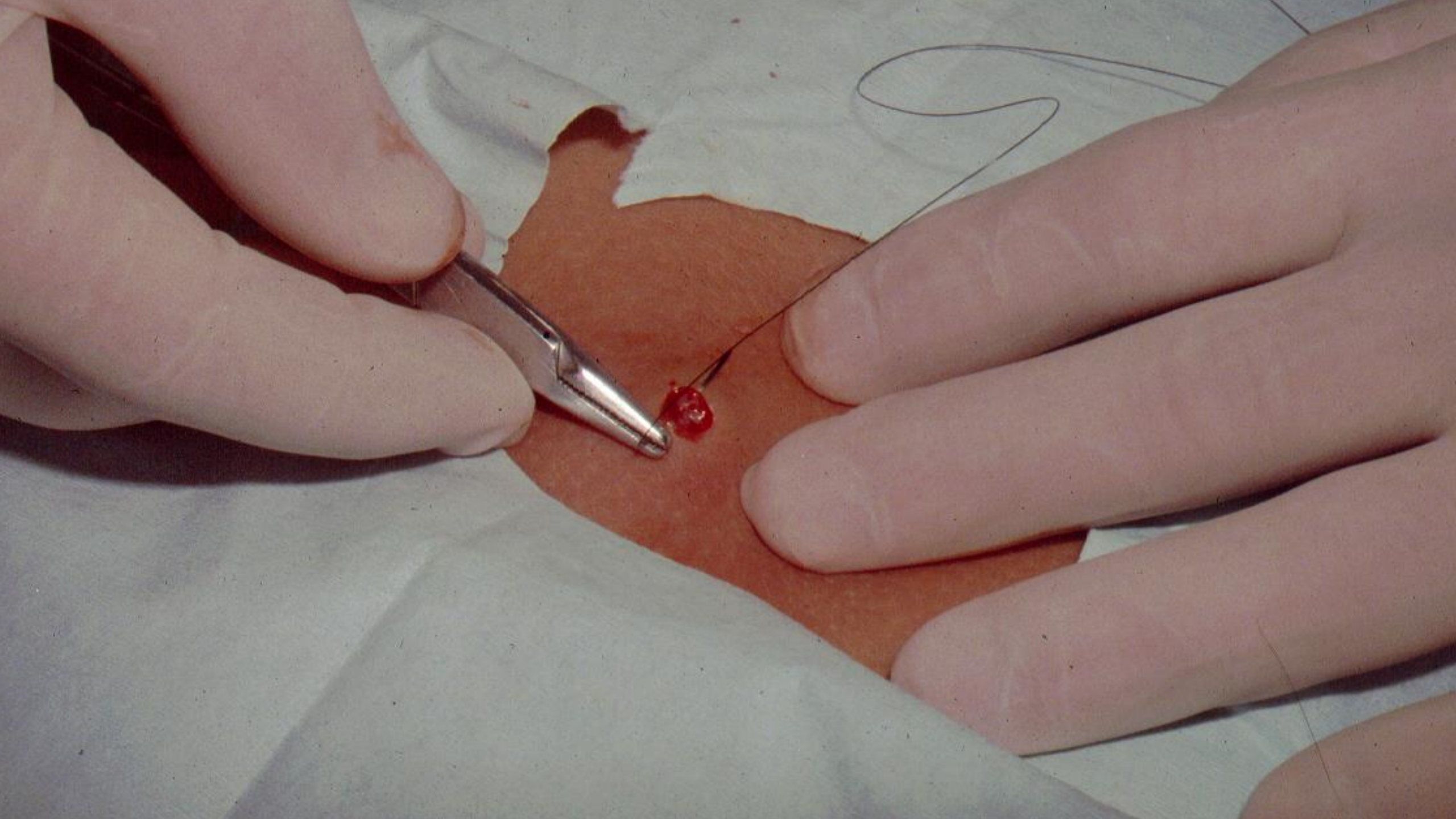












PUNCH EXCISION OF KERATINOUS CYSTS

- Theoretical Basis/Dermatopathology
- Patient Selection
- Materials and Technique
- Effectiveness

RESULTS

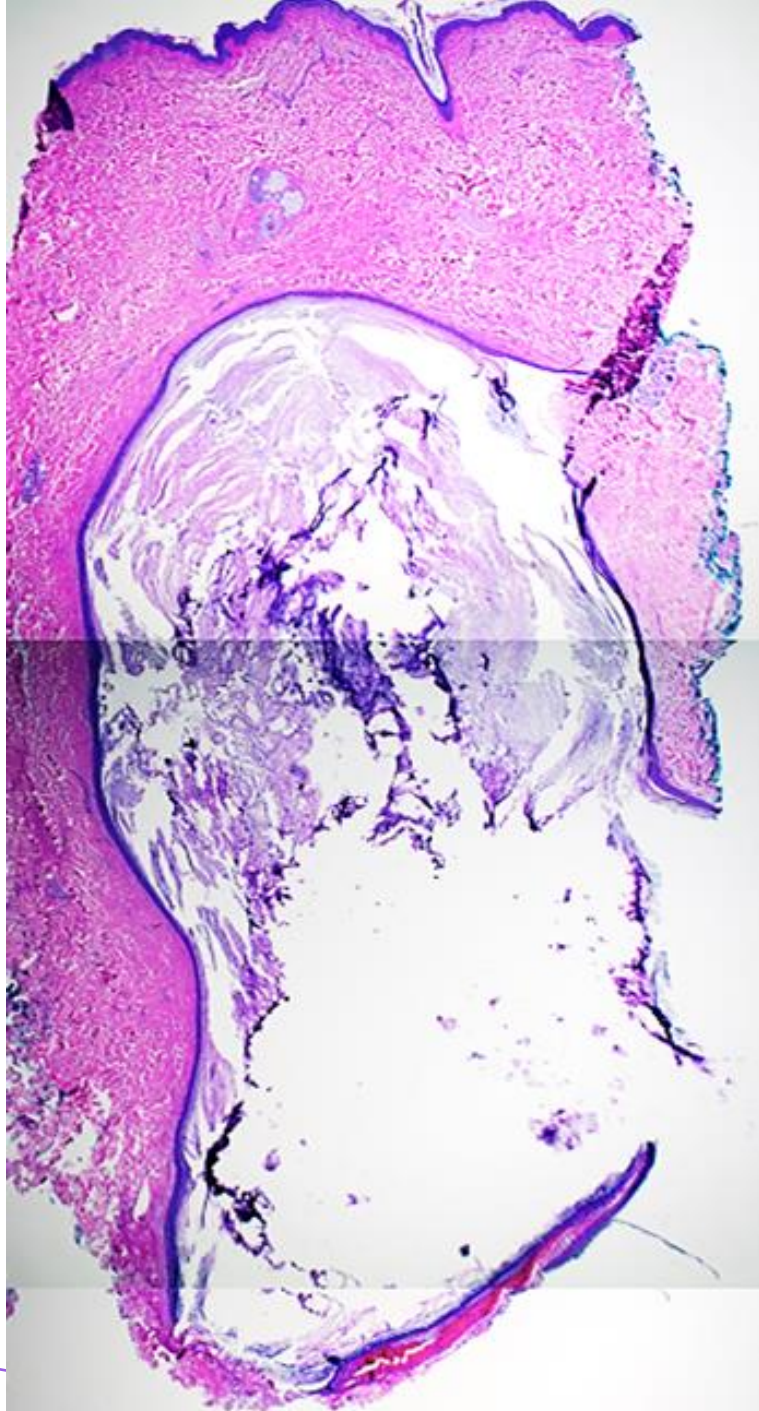
- N= 646 patients
- Chart review cyst recurrence rate = 3.6% (mean time to patient-initiated follow-up of 79.3 weeks).
- Cyst recurrence rates in patients returning survey = 8.3% (more than half recurred in 1st year)
- Subanalysis revealed a trend showing that inflamed cysts had a lower recurrence rate.

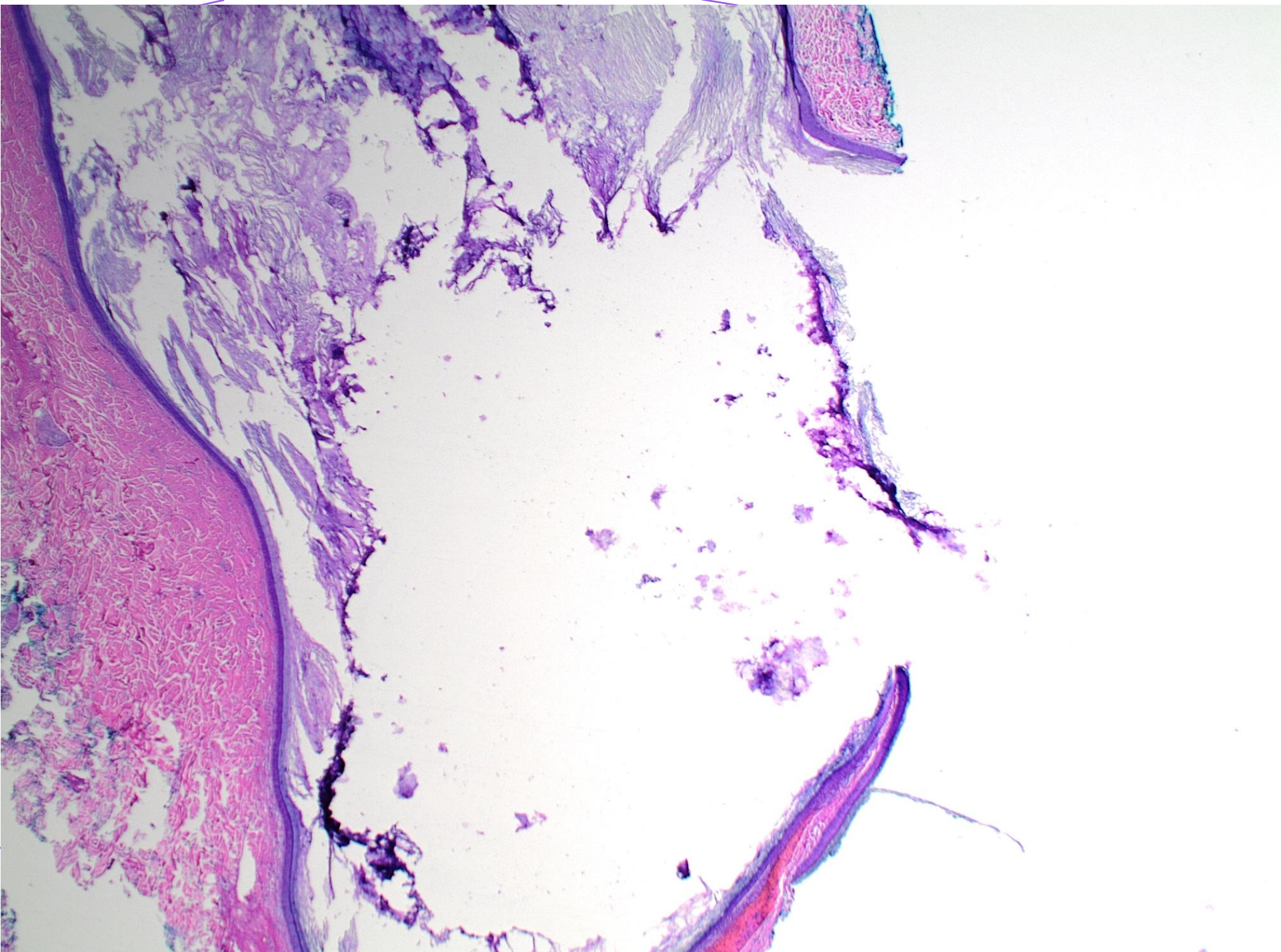
Mehrabi D, Leonhardt JM, Brodell RT. Removal of Keratinous and pilar cysts with the punch incision technique: analysis of surgical outcomes. *Dermatol Surg.* 2002 28(8):673-7 doi 10.1046/j.1524-4725.2002.02020x. PMID: 1217056

PUNCH EXCISION OF KERATINOUS CYSTS

- Theoretical Basis/Dermatopathology
- Patient Selection
- Materials and Technique
- Effectiveness
- Side Effects and Cost

*IF YOU THINK EXCISION IS STILL
THE TREATMENT OF CHOICE...*





*PUNCH EXCISION
OF KERATINOUS CYSTS*

- Summary → Try it on a pilar cyst!

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- Mehrabi D, Leonhardt JM, Brodell RT. Removal of Keratinous and pilar cysts with the punch incision technique: analysis of surgical outcomes. *Dermatol Surg.* 2002 28(8):673-7 doi 10.1046/j.1524-4725.2002.02020x. PMID: 1217056
- LEE, HUA-EN, et al. "Comparison of the surgical outcomes of punch incision and elliptical excision in treating epidermal inclusion cysts: a prospective, randomized study." *Dermatologic surgery* 32.4 (2006): 520-525.
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#2

*PUNCH
EXCISION
OF LIPOMAS*

PUNCH EXCISION OF LIPOMAS

- Theoretical Basis/Dermatopathology

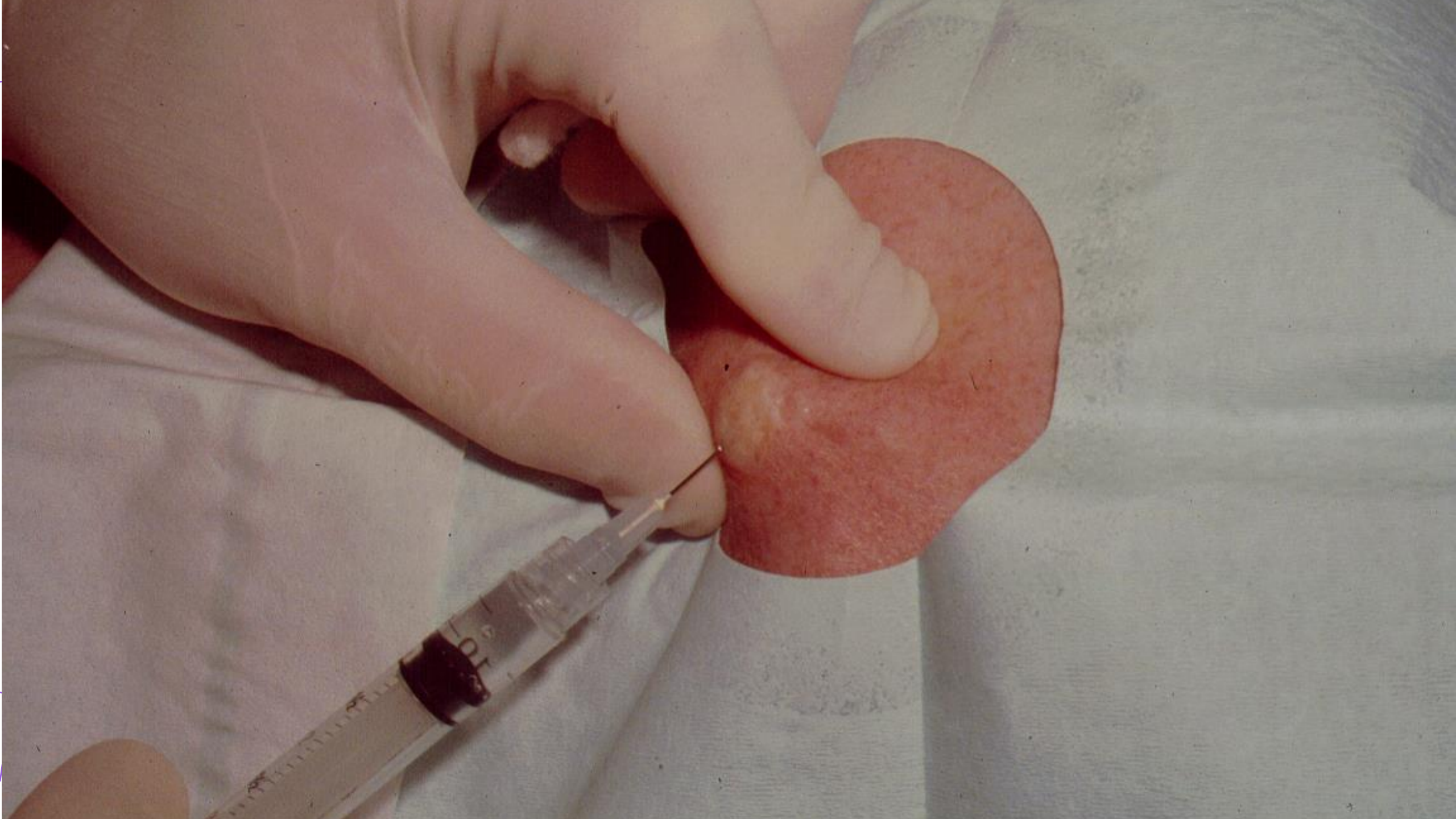
PUNCH EXCISION OF LIPOMAS

- Theoretical Basis/Dermatopathology
- Patient Selection

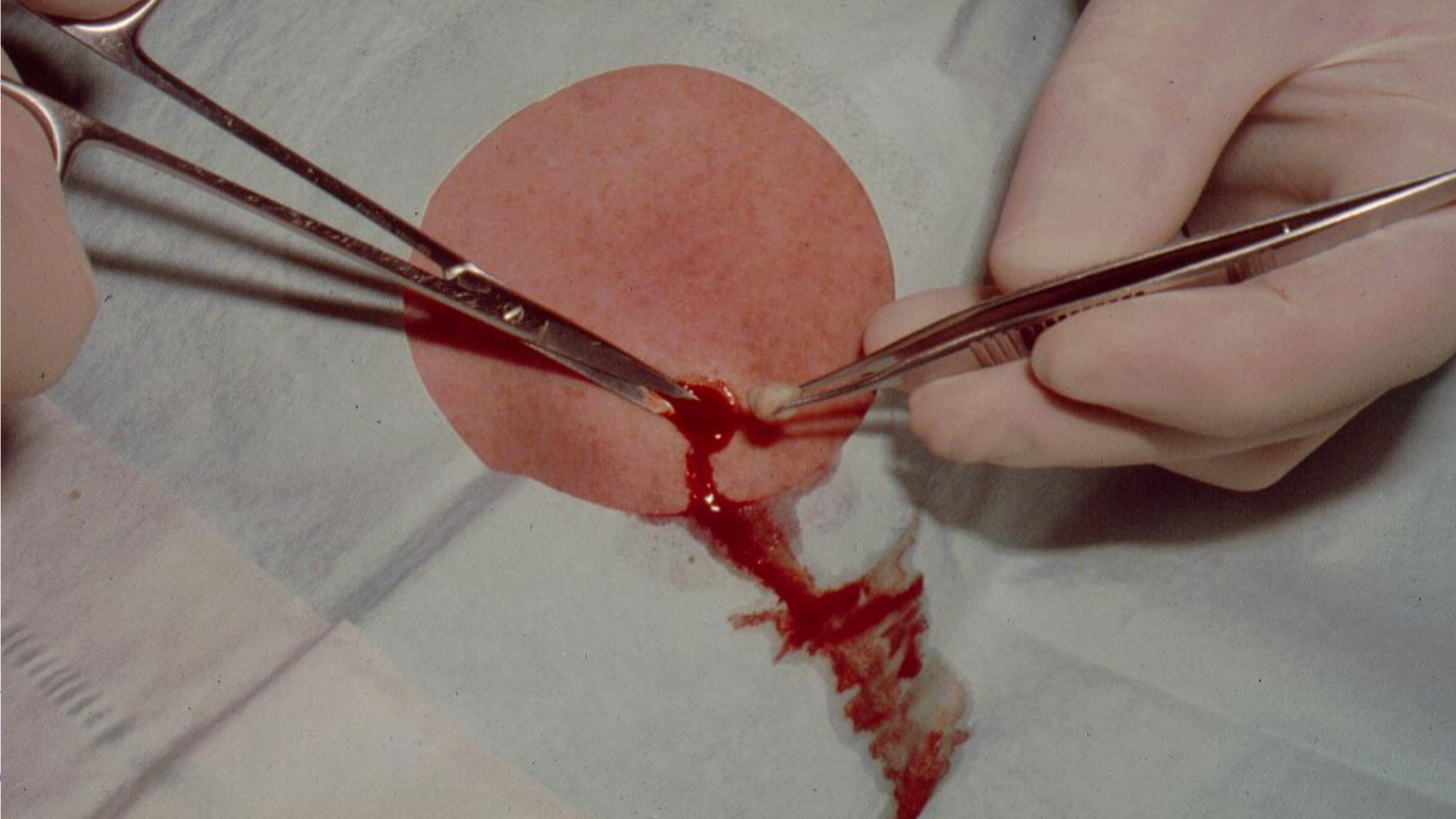
PUNCH EXCISION OF LIPOMAS

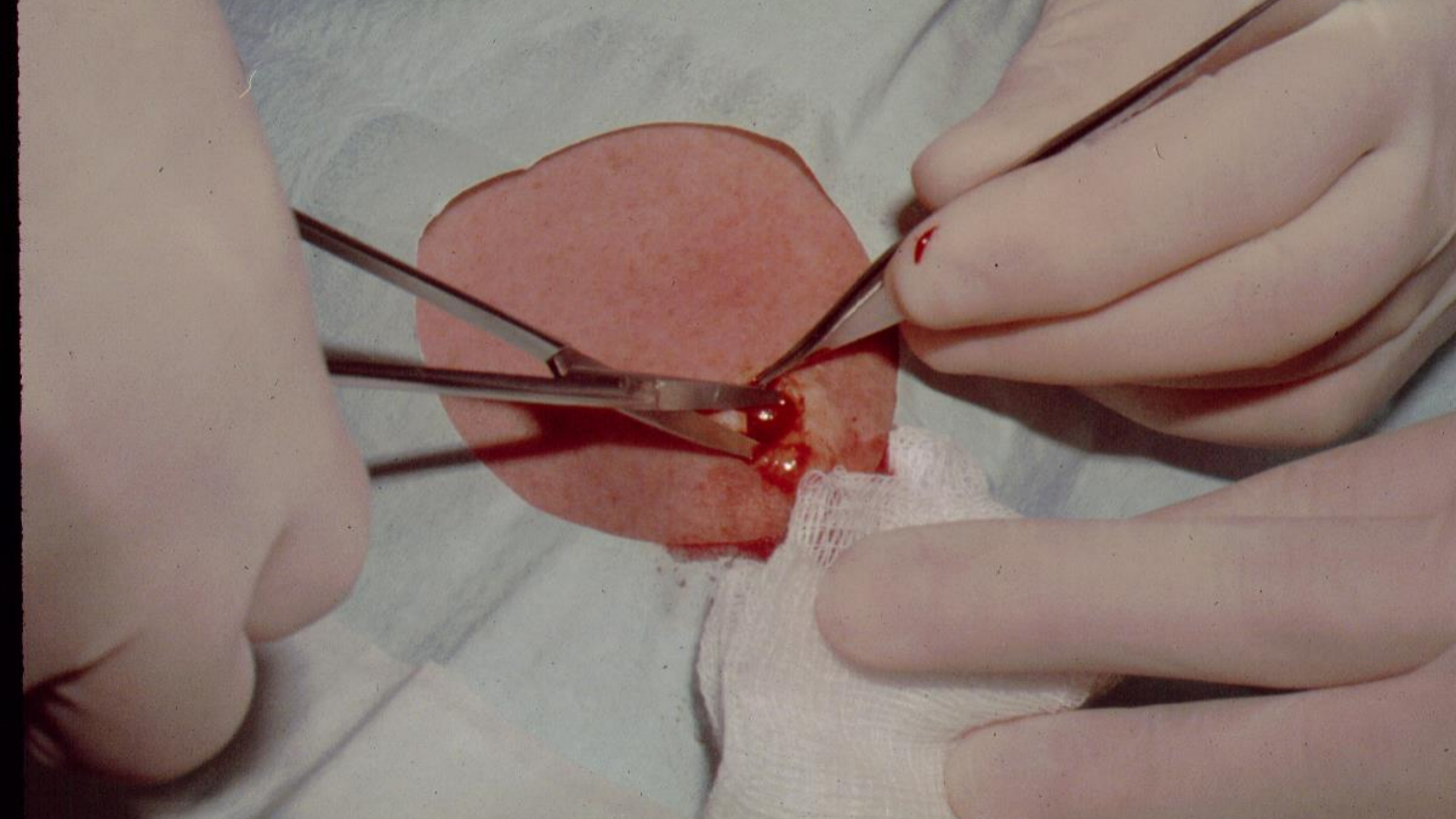
- Theoretical Basis/Dermatopathology
- Patient Selection
- Materials and Technique

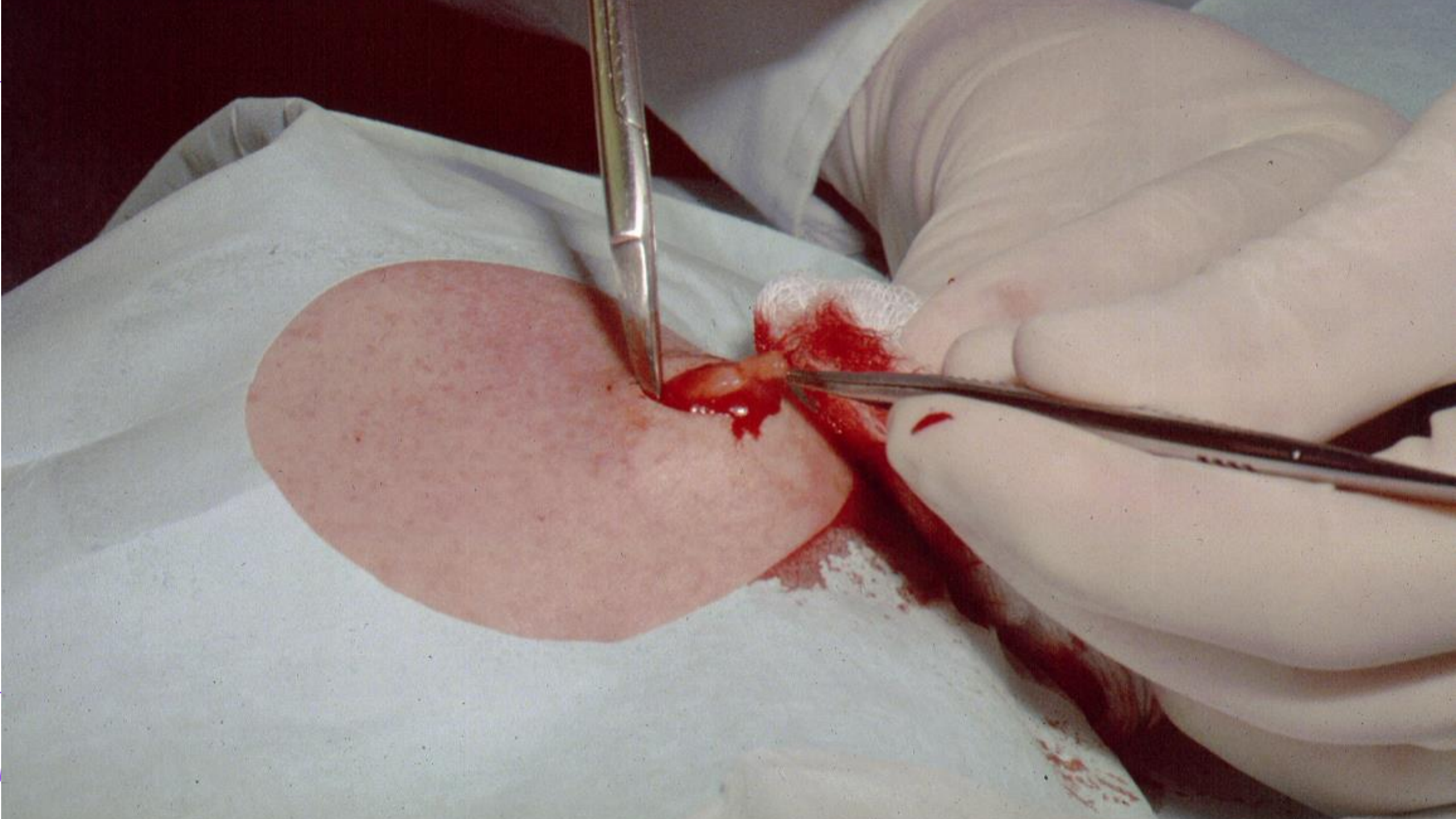


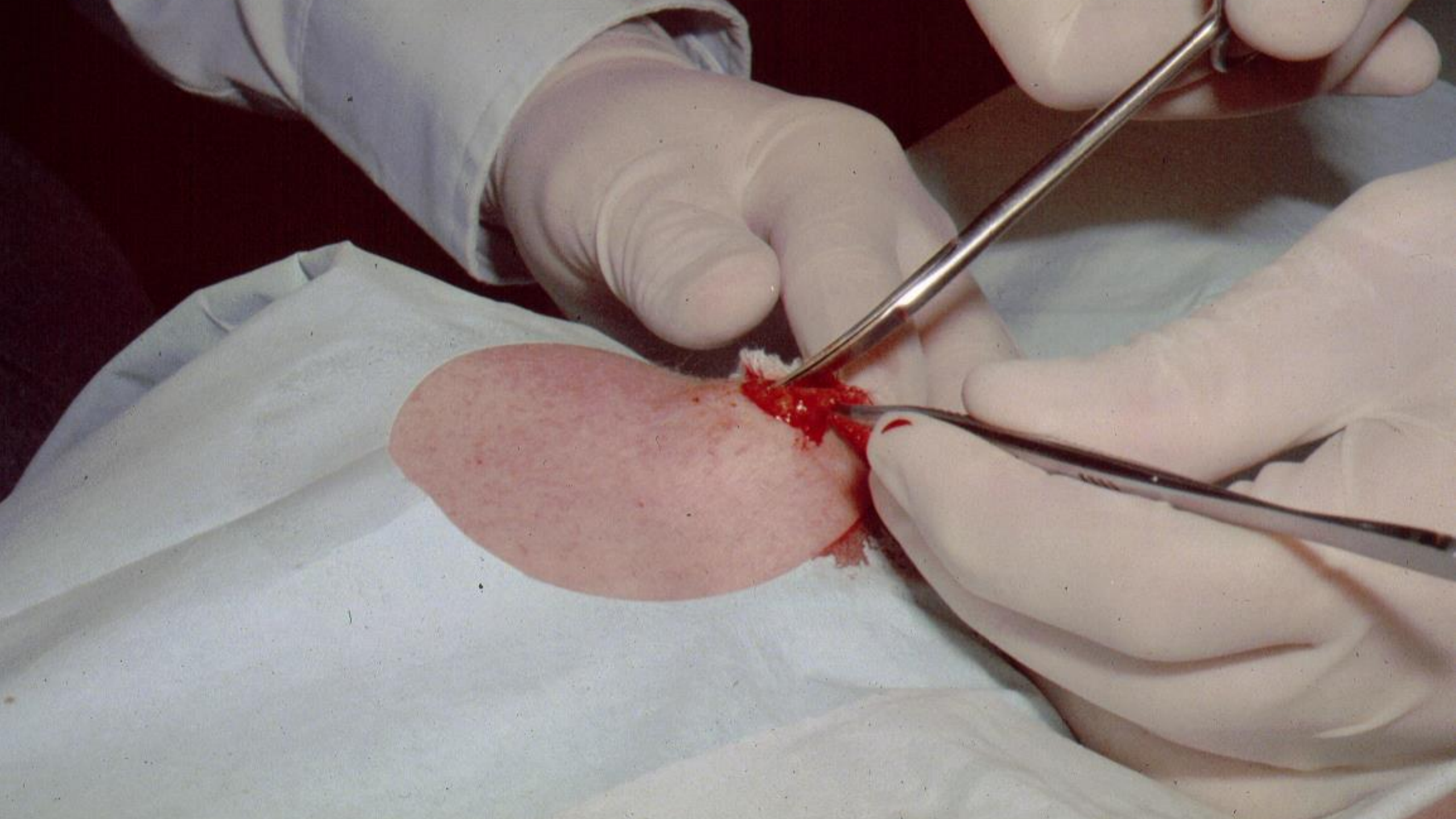


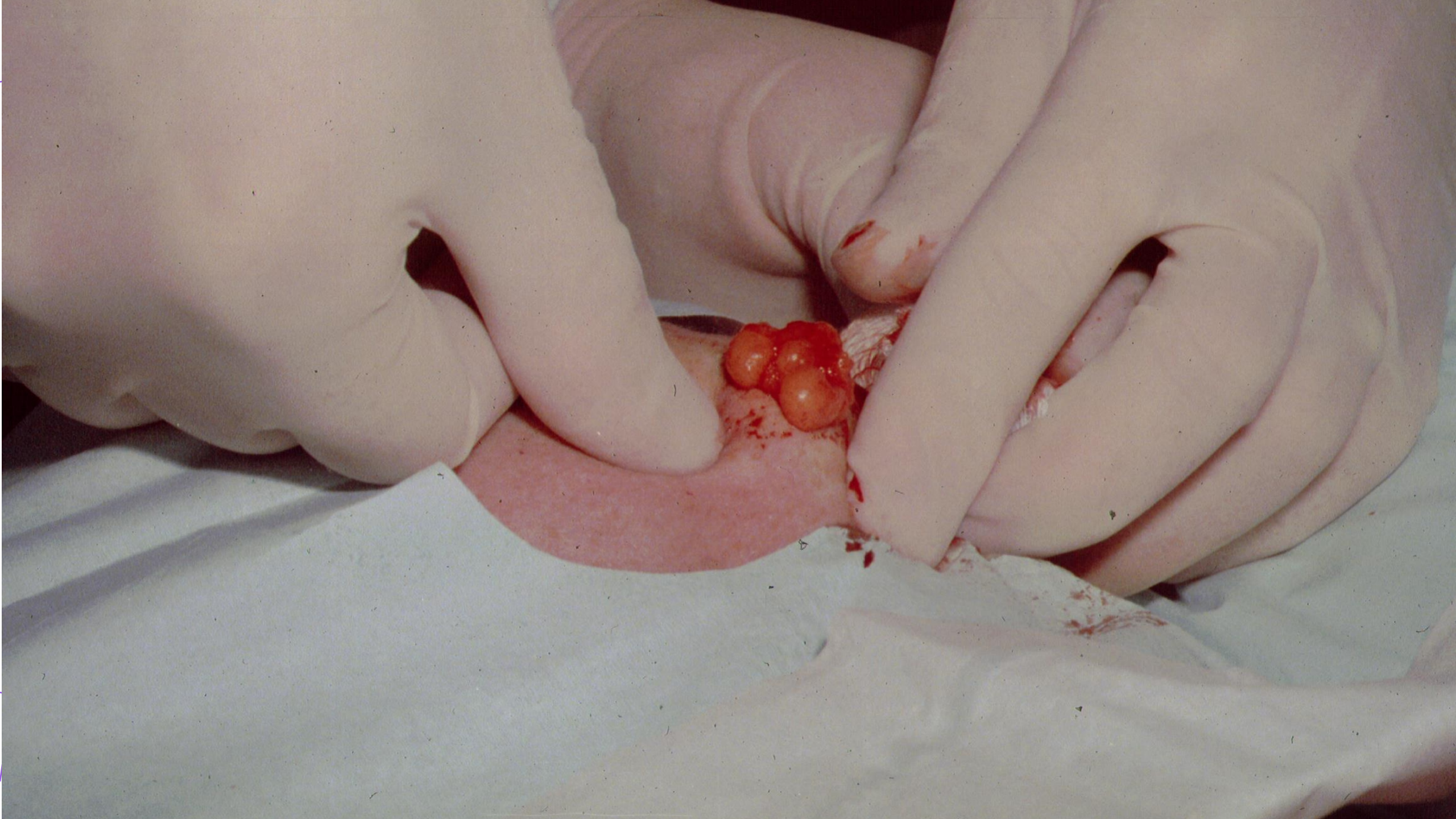


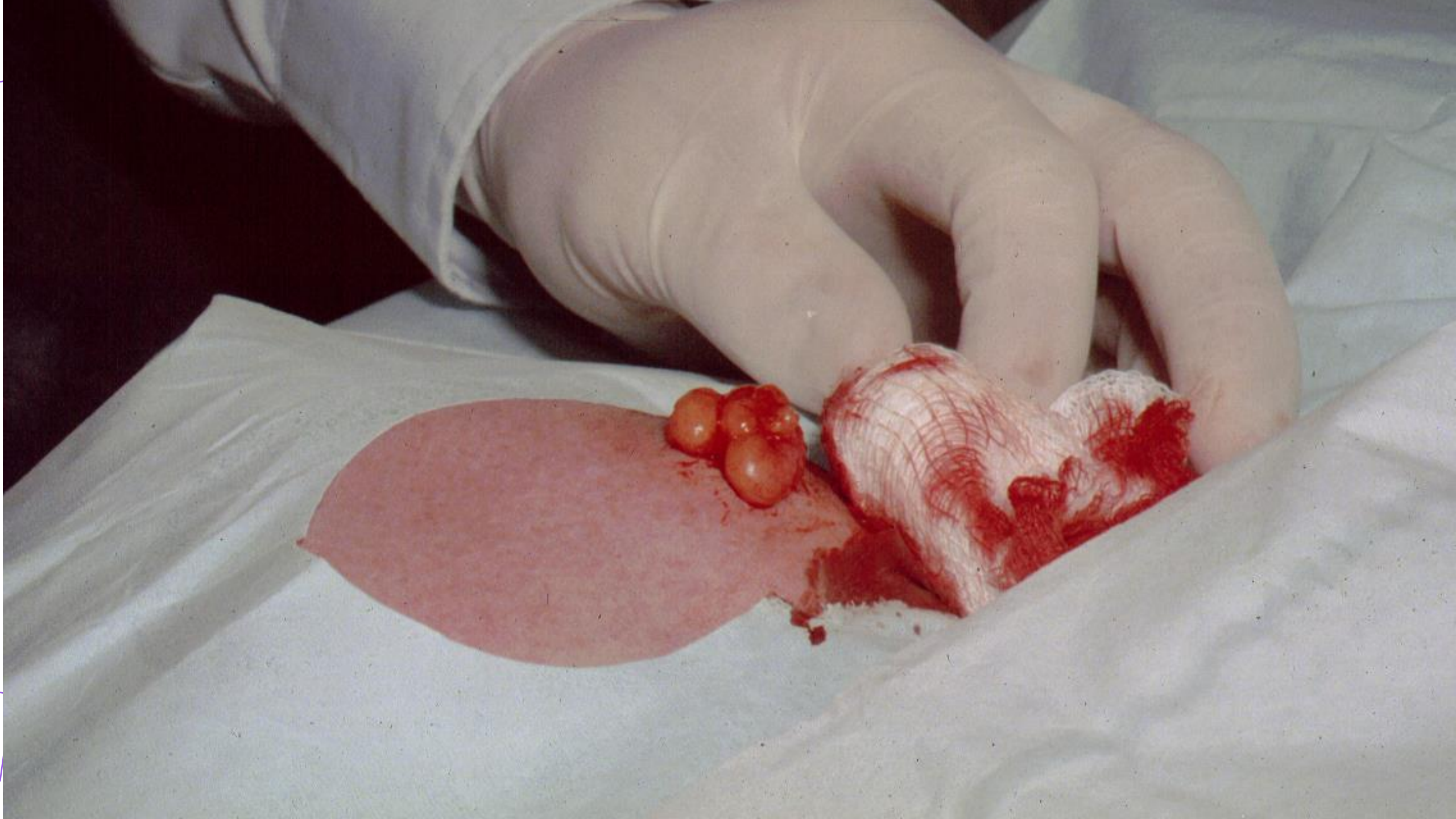


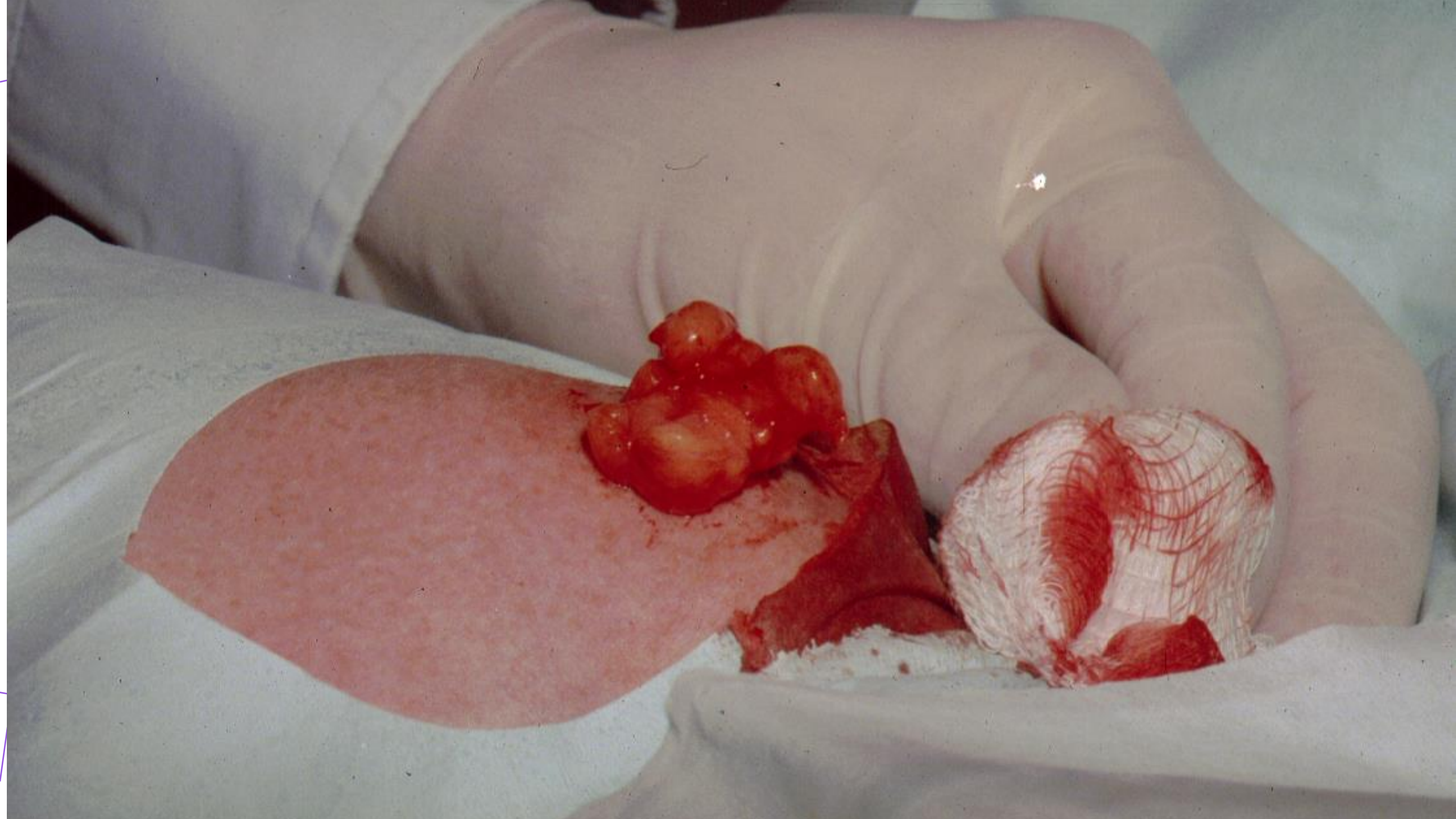


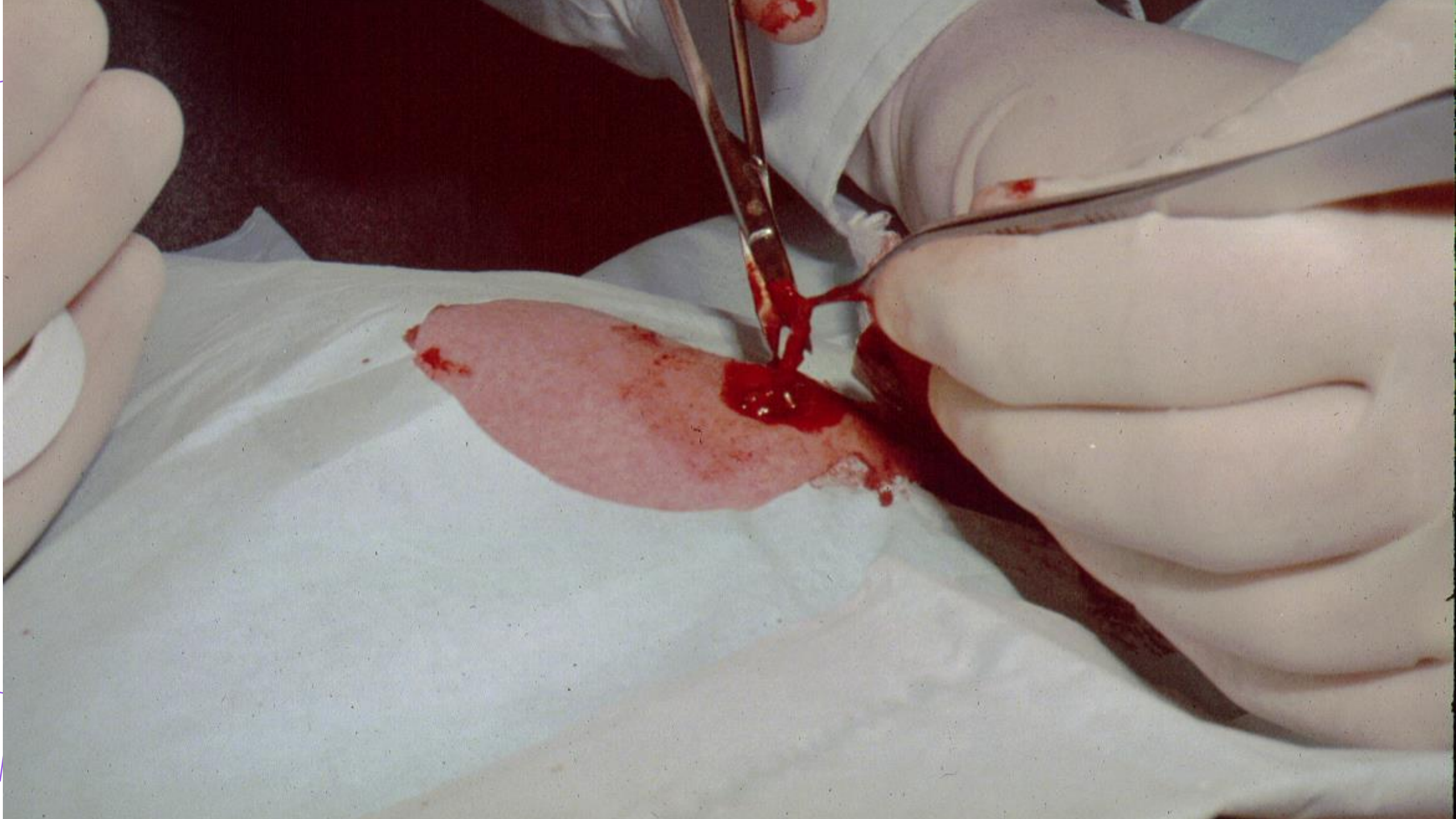


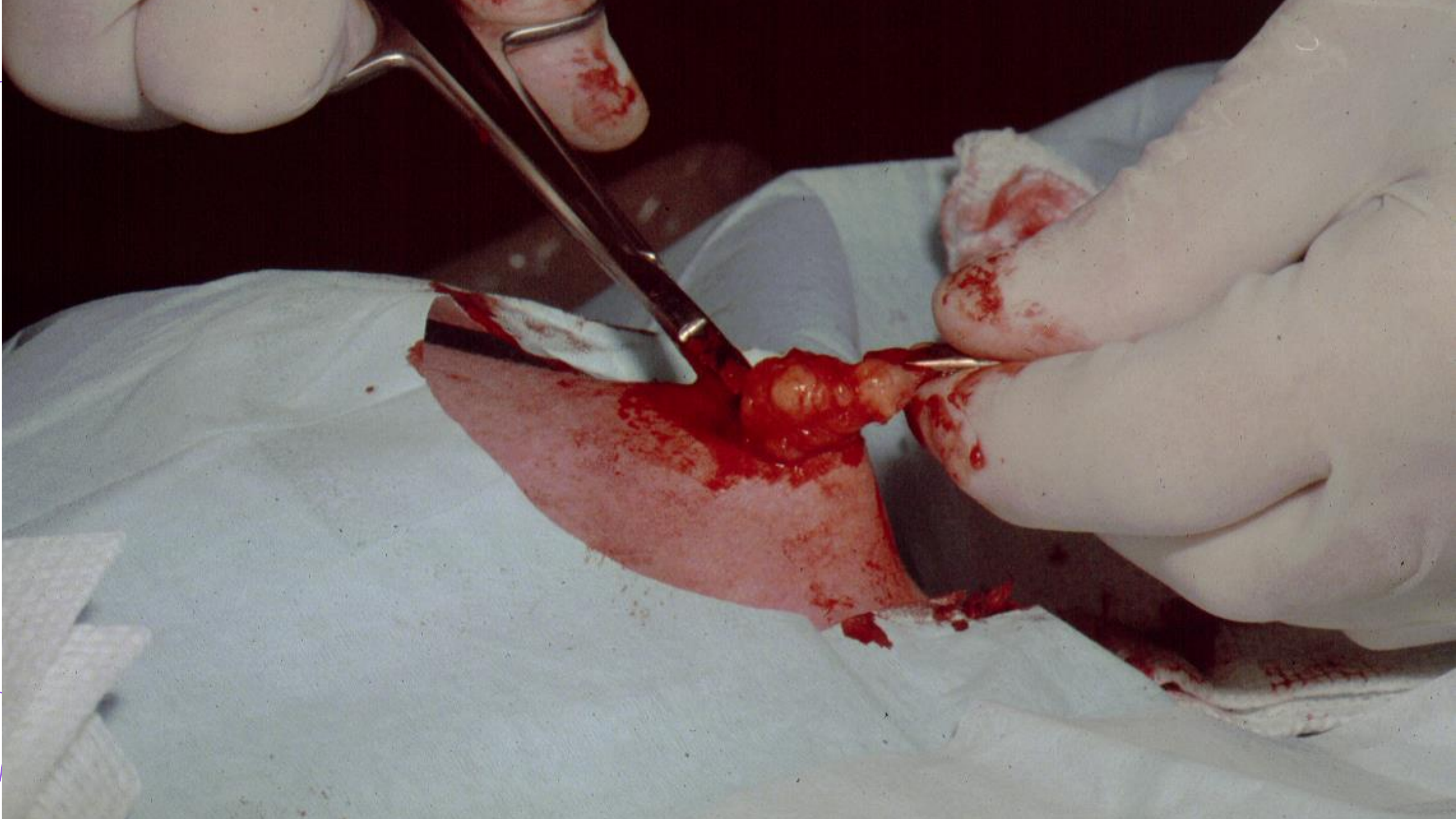


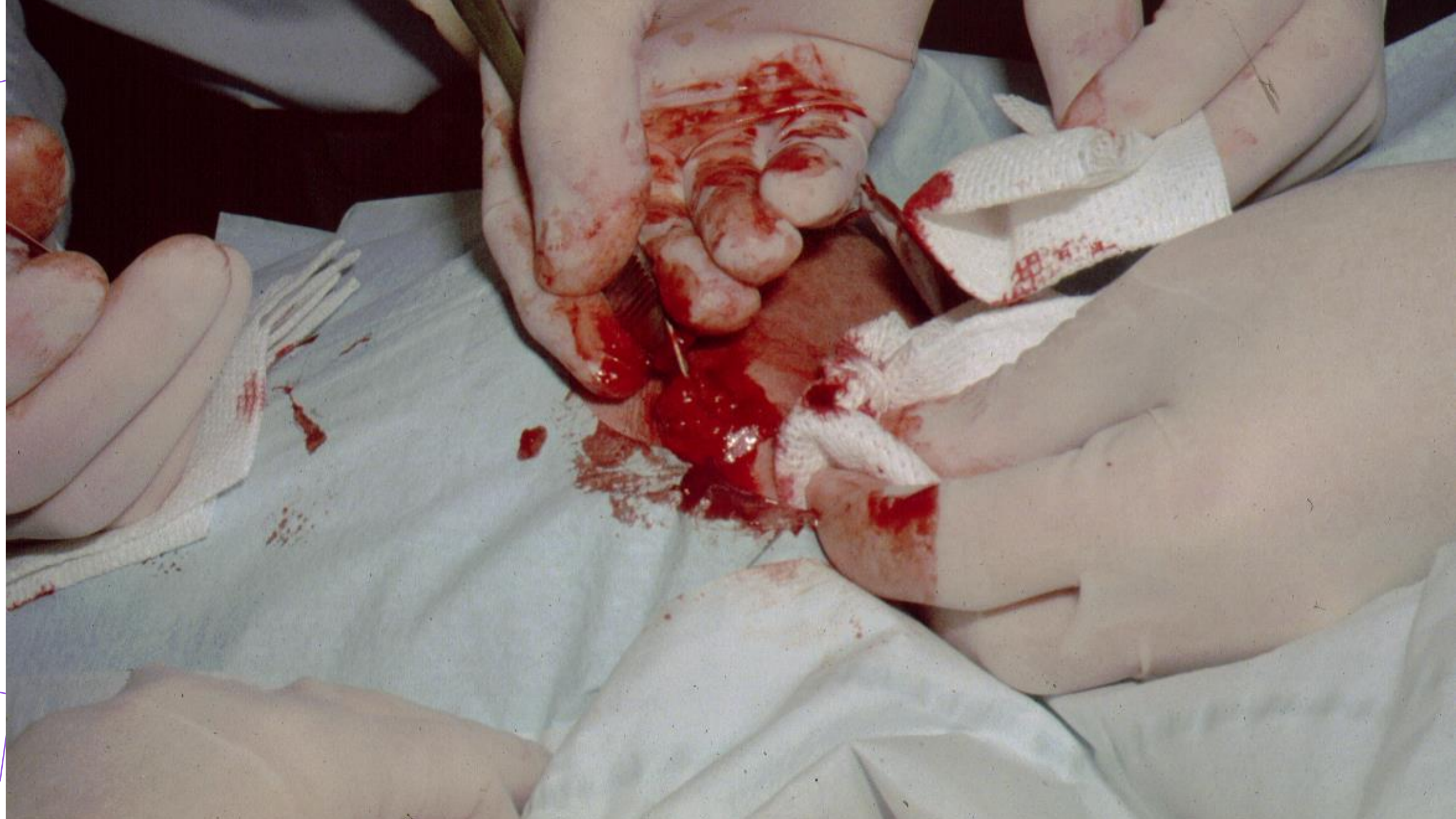




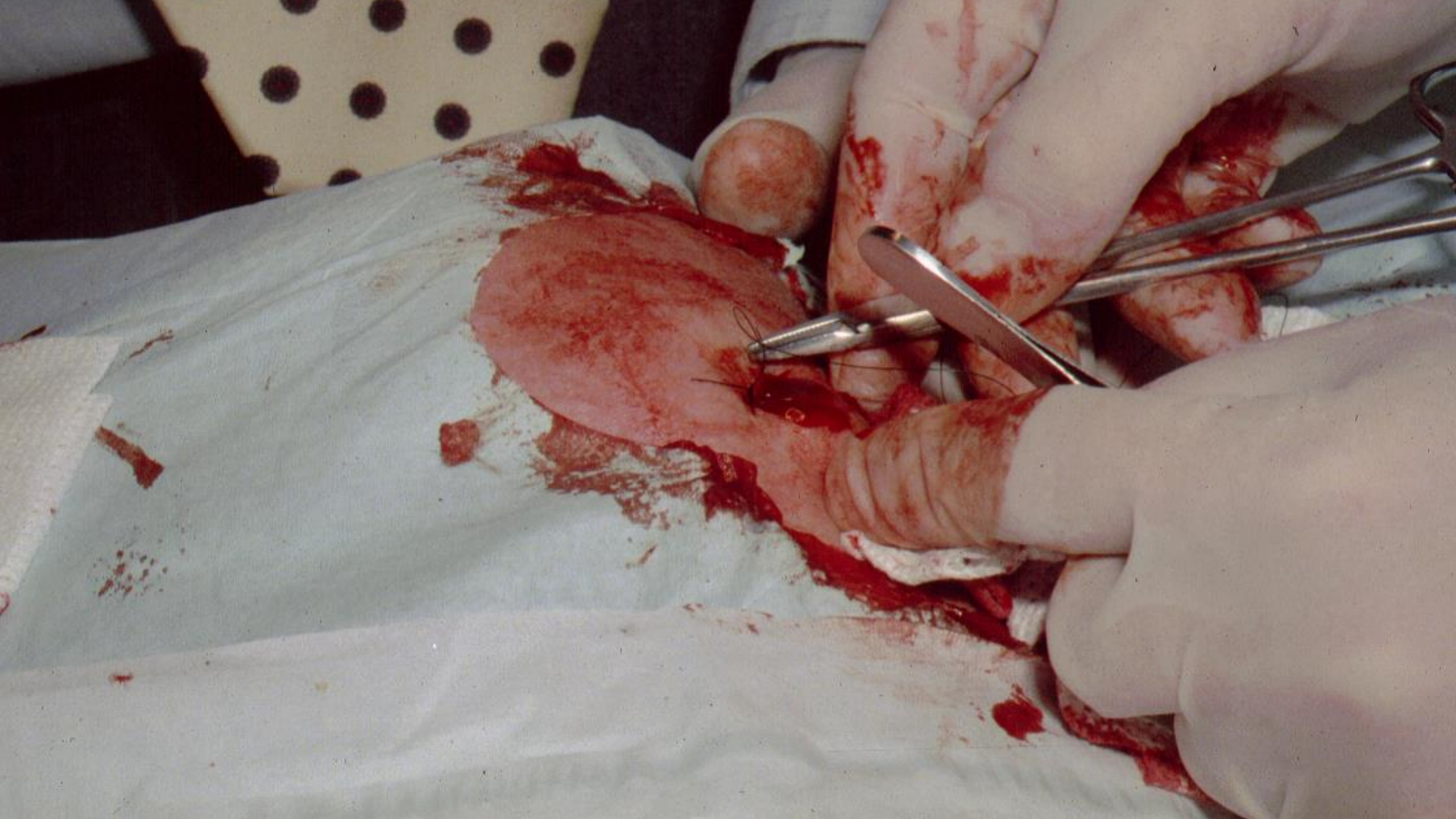














PUNCH EXCISION OF LIPOMAS

- Theoretical Basis/Dermatopathology
- Patient Selection
- Materials and Technique
- Effectiveness

PUNCH EXCISION OF LIPOMAS

- Theoretical Basis/Dermatopathology
- Patient Selection
- Materials and Technique
- Effectiveness
- Side Effects and Cost

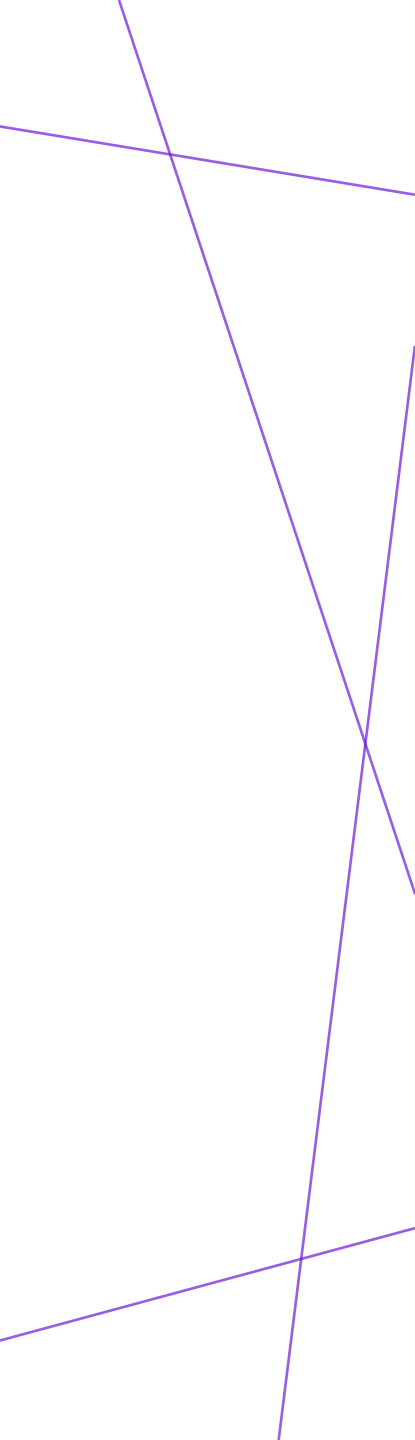
*COSULICH M, MOLENDAM MA,
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RT. MINIMAL INCISION EXTRACTION
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3

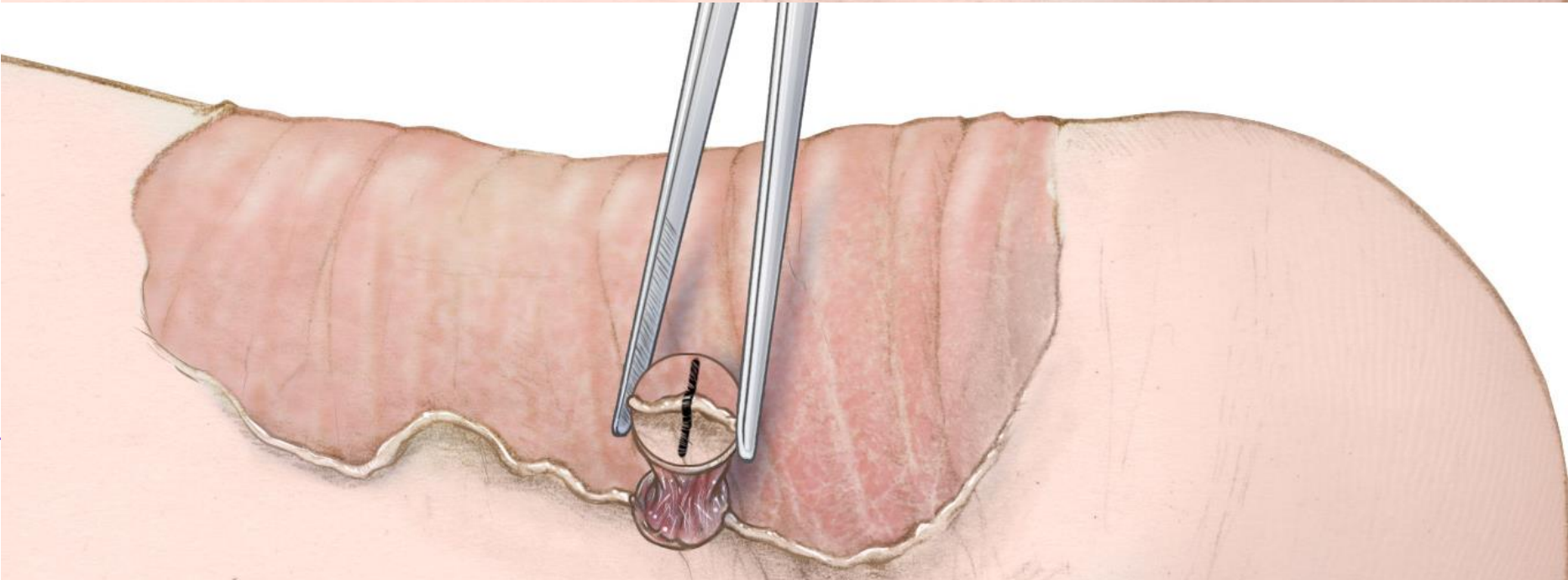
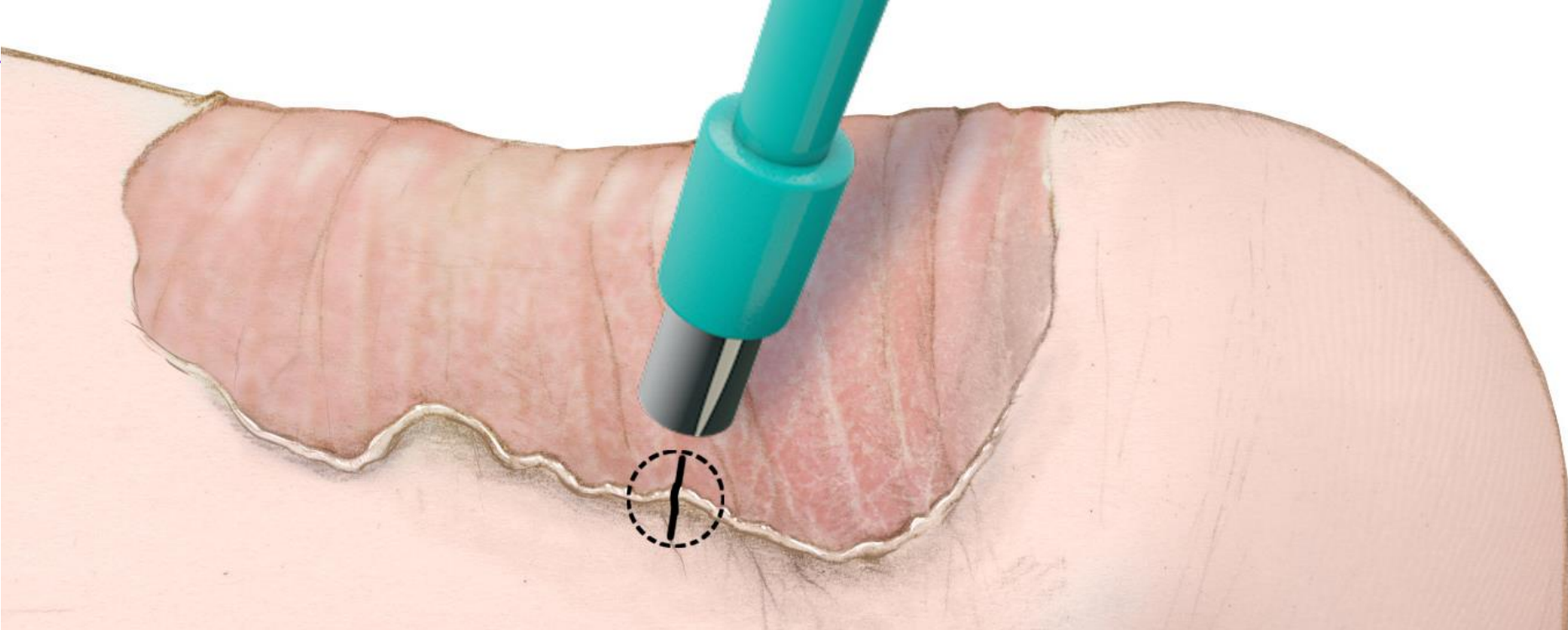
Grossing at the Bedside

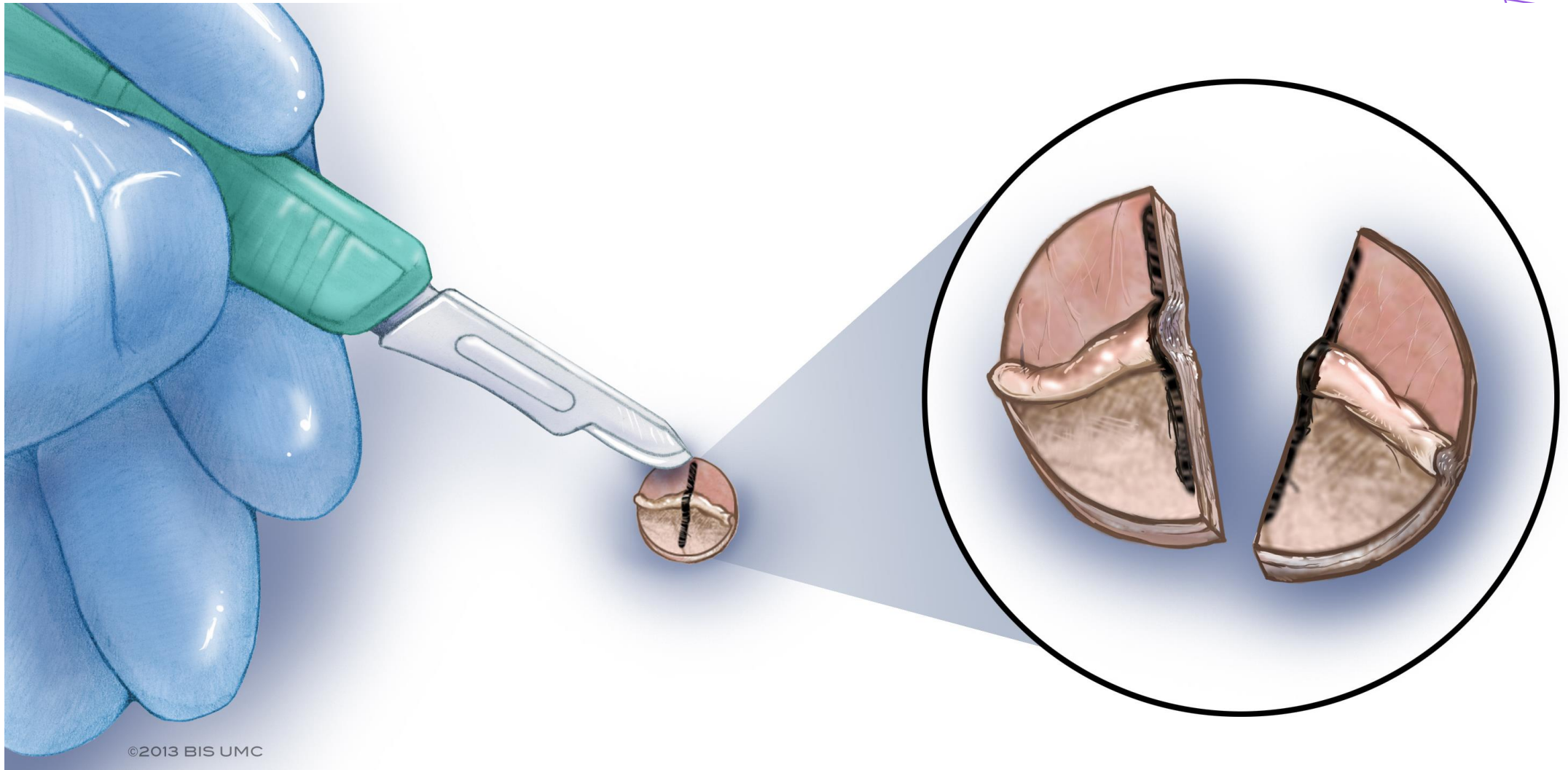
*3 YEAR-OLD AFRICAN-
AMERICAN FEMALE
PRESENTED WITH A SLOWLY
EXPANDING LESION ON LEFT
POSTERIOR ANKLE*



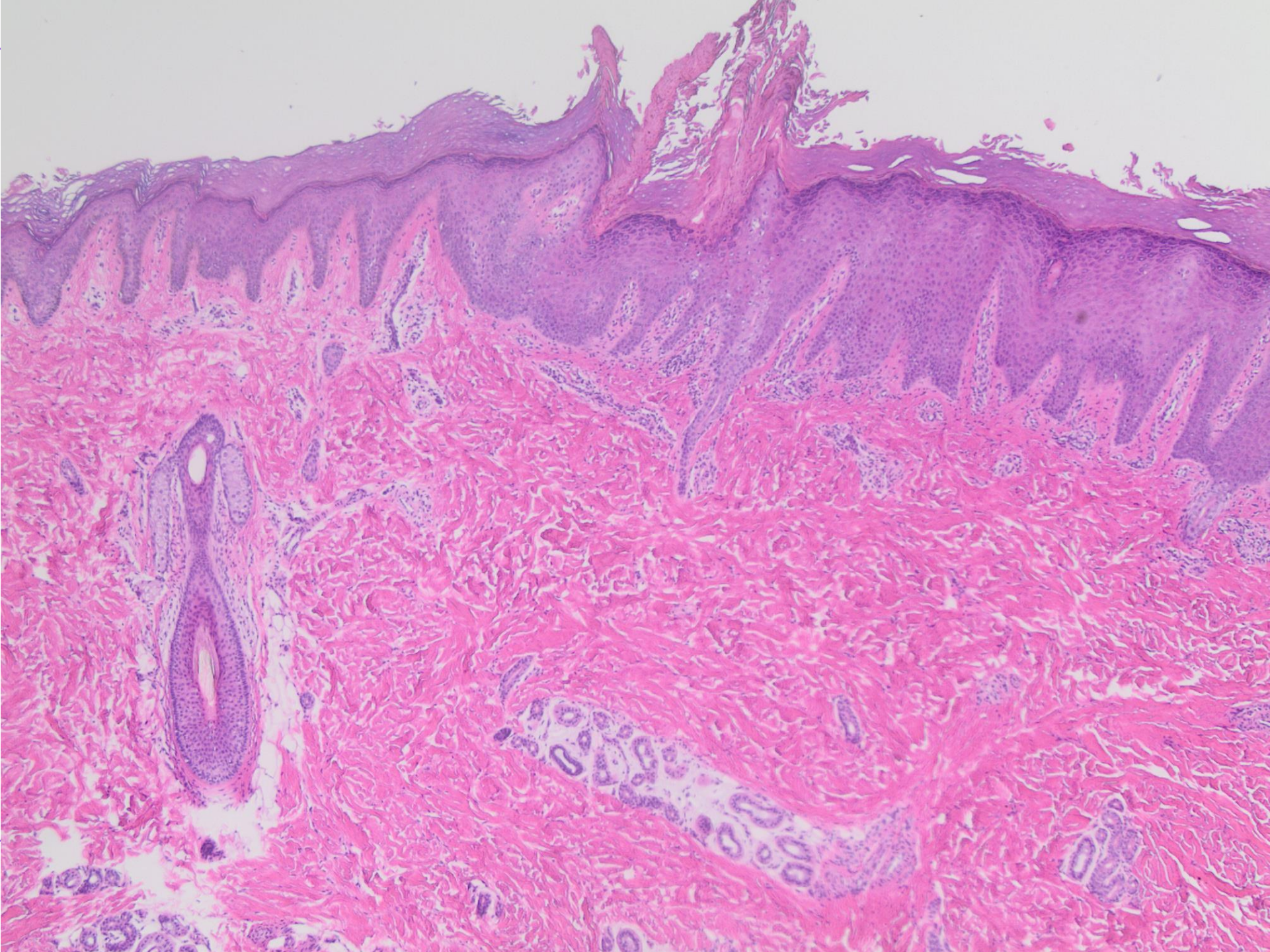


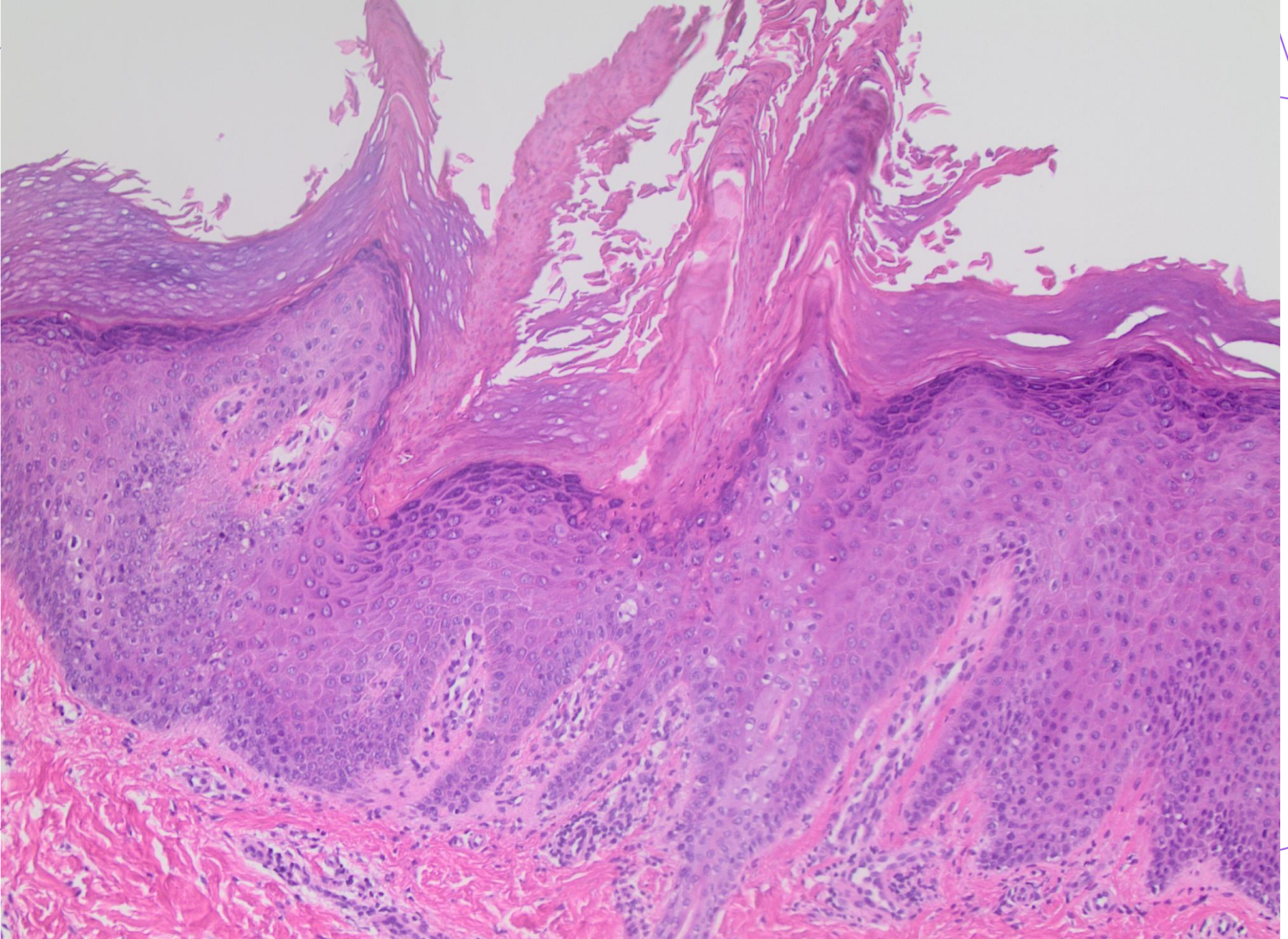
*MAKING THE
DIAGNOSIS...EVERY TIME!*

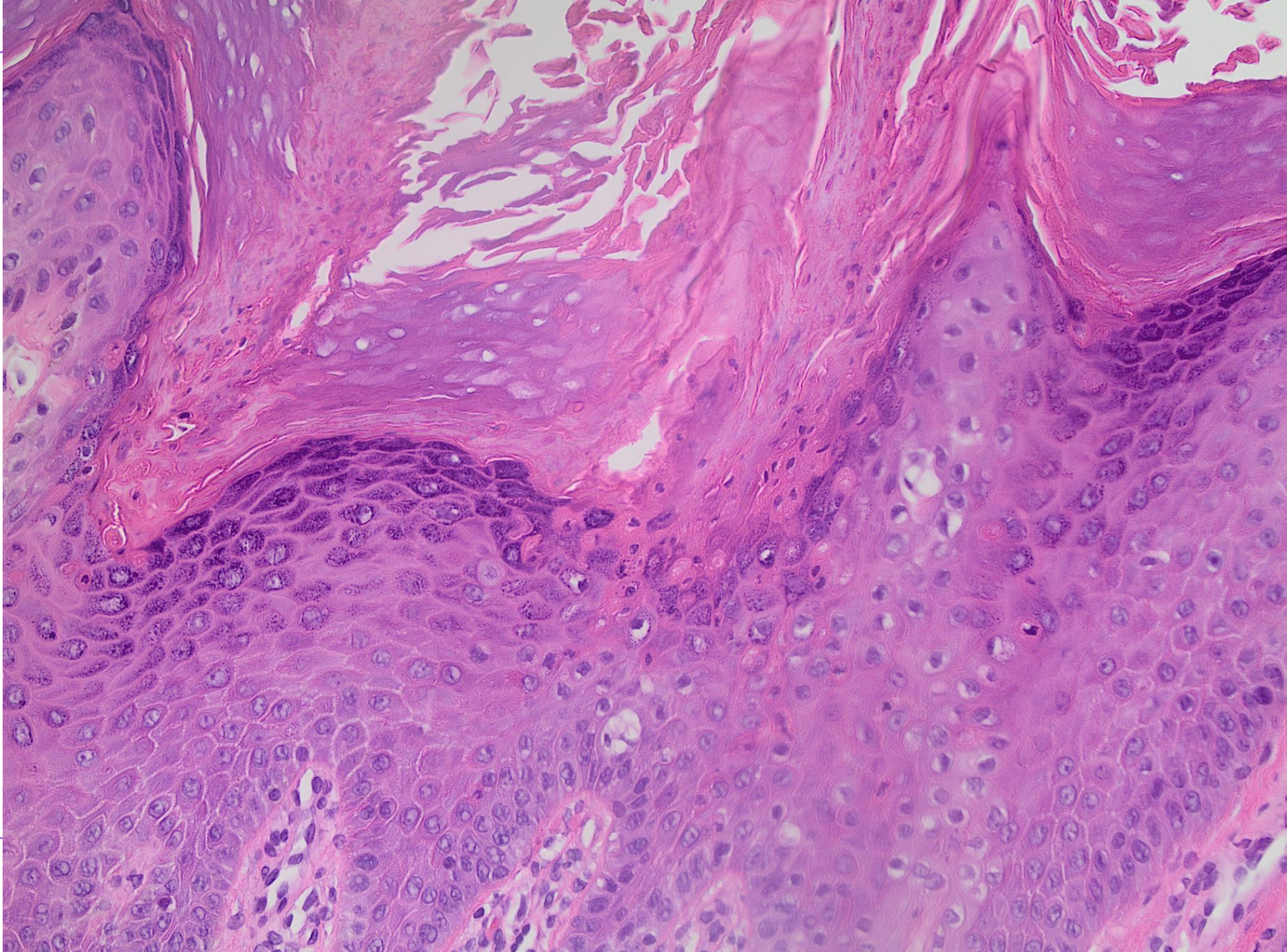




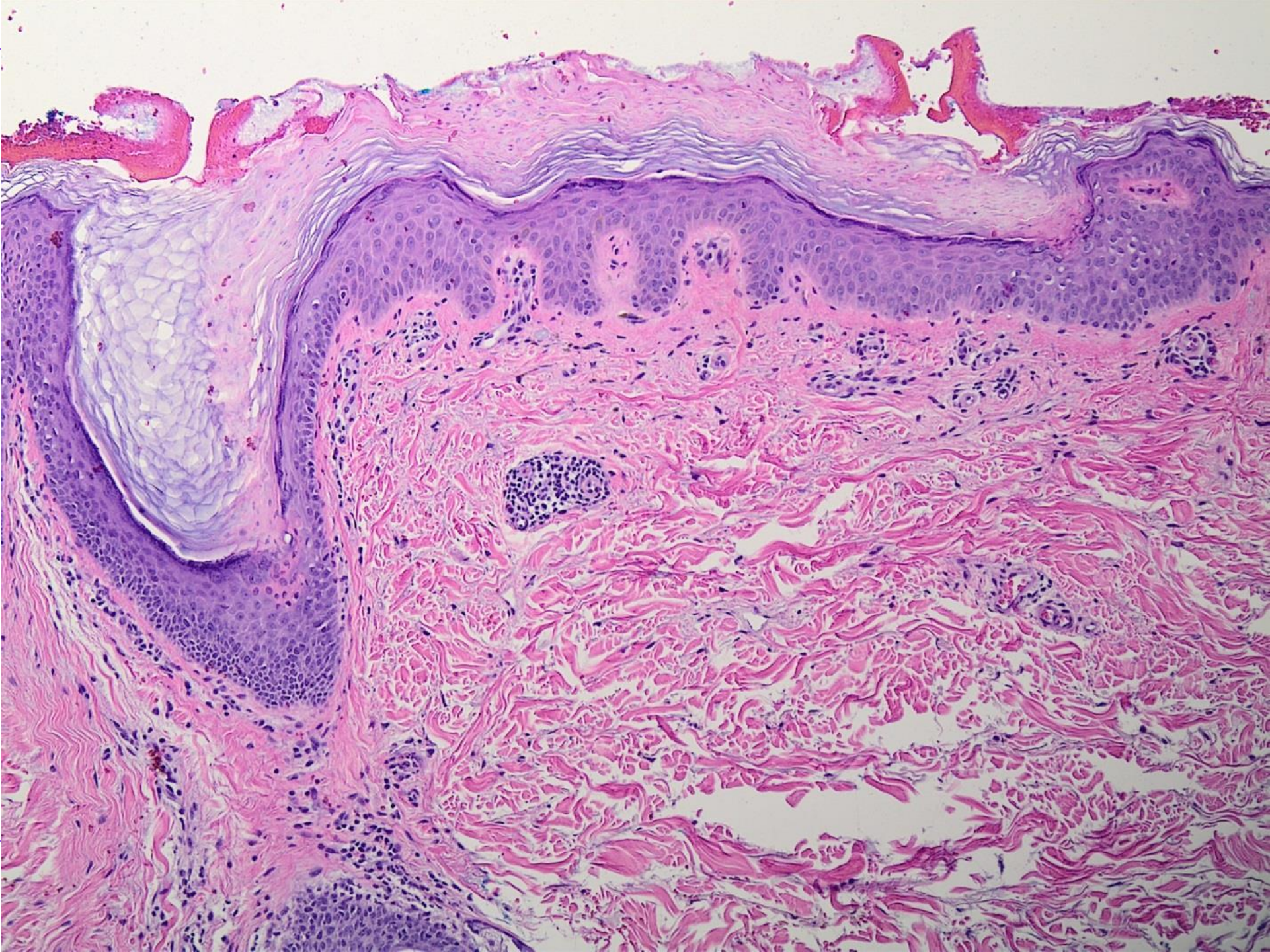
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*WHEN CHANCE IS
ALLOWED TO
HAPPEN...*





REFERENCE

- Reed C; R Reddy, RT Brodell. Diagnosing Porokeratosis of Mibelli Every Time: A Novel Biopsy Technique to Maximize Histopathologic Confirmation. *Cutis*. 2016 March;97(3):188-190.

4

Round Punches for Oval Benign Lesions

ROUND PUNCHES FOR OVAL BENIGN LESIONS

- Theoretical Basis

ROUND PUNCHES FOR OVAL BENIGN LESIONS

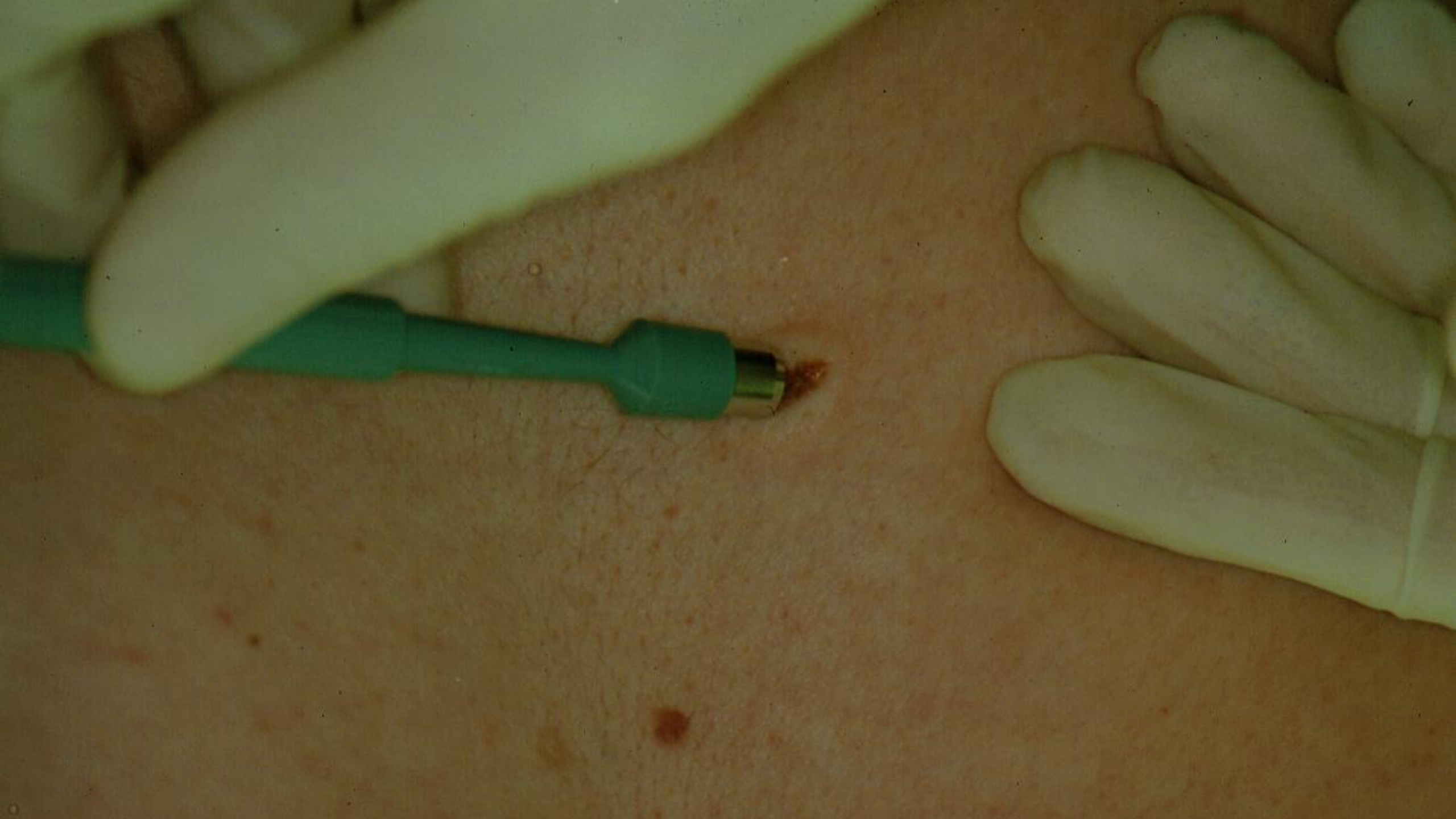
- Theoretical Basis
- Patient Selection

ROUND PUNCHES FOR OVAL BENIGN LESIONS

- Theoretical Basis
- Patient Selection
- Materials and Technique





















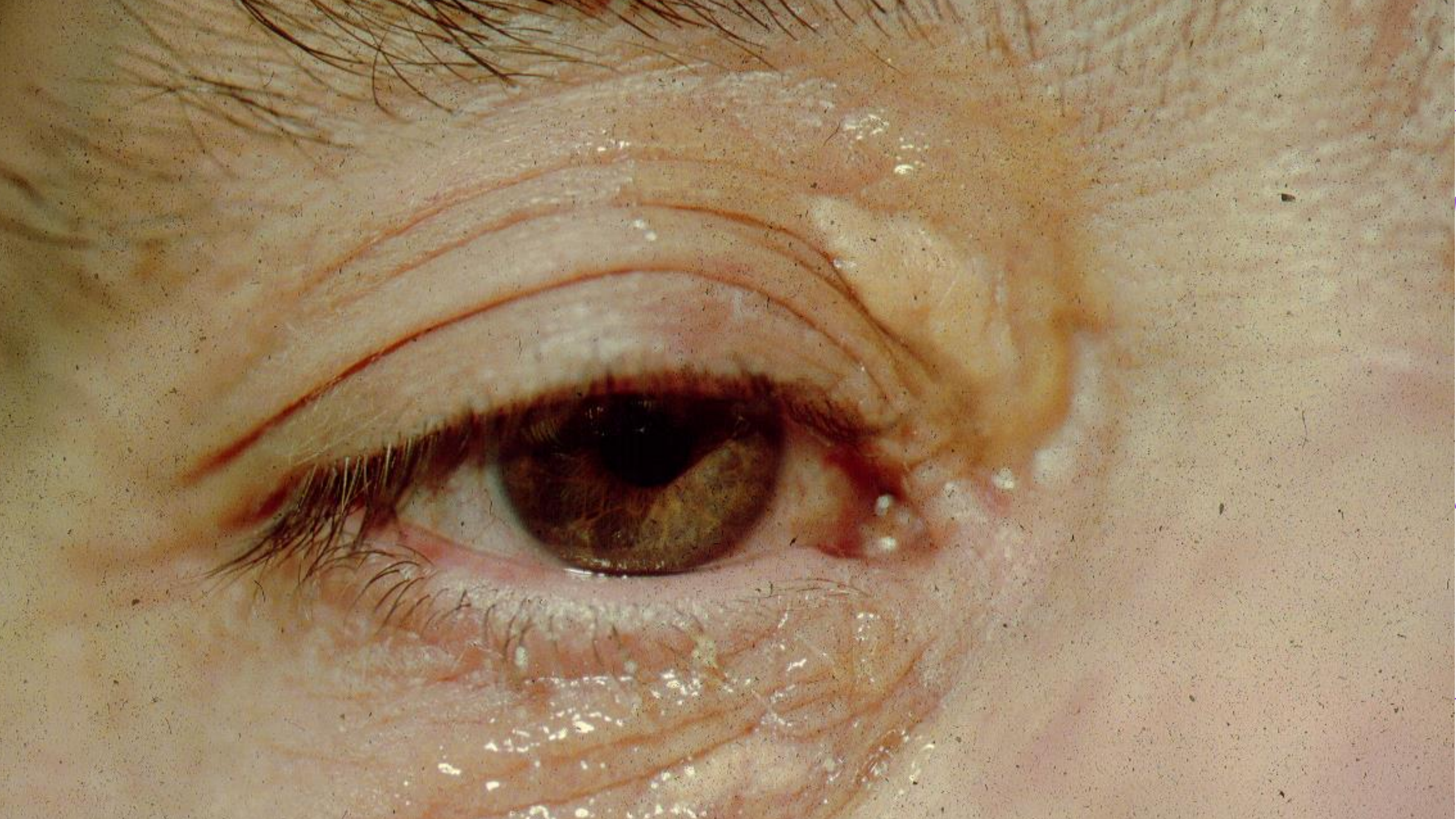
5

Dichloroacetic Acid for Xanthelasma

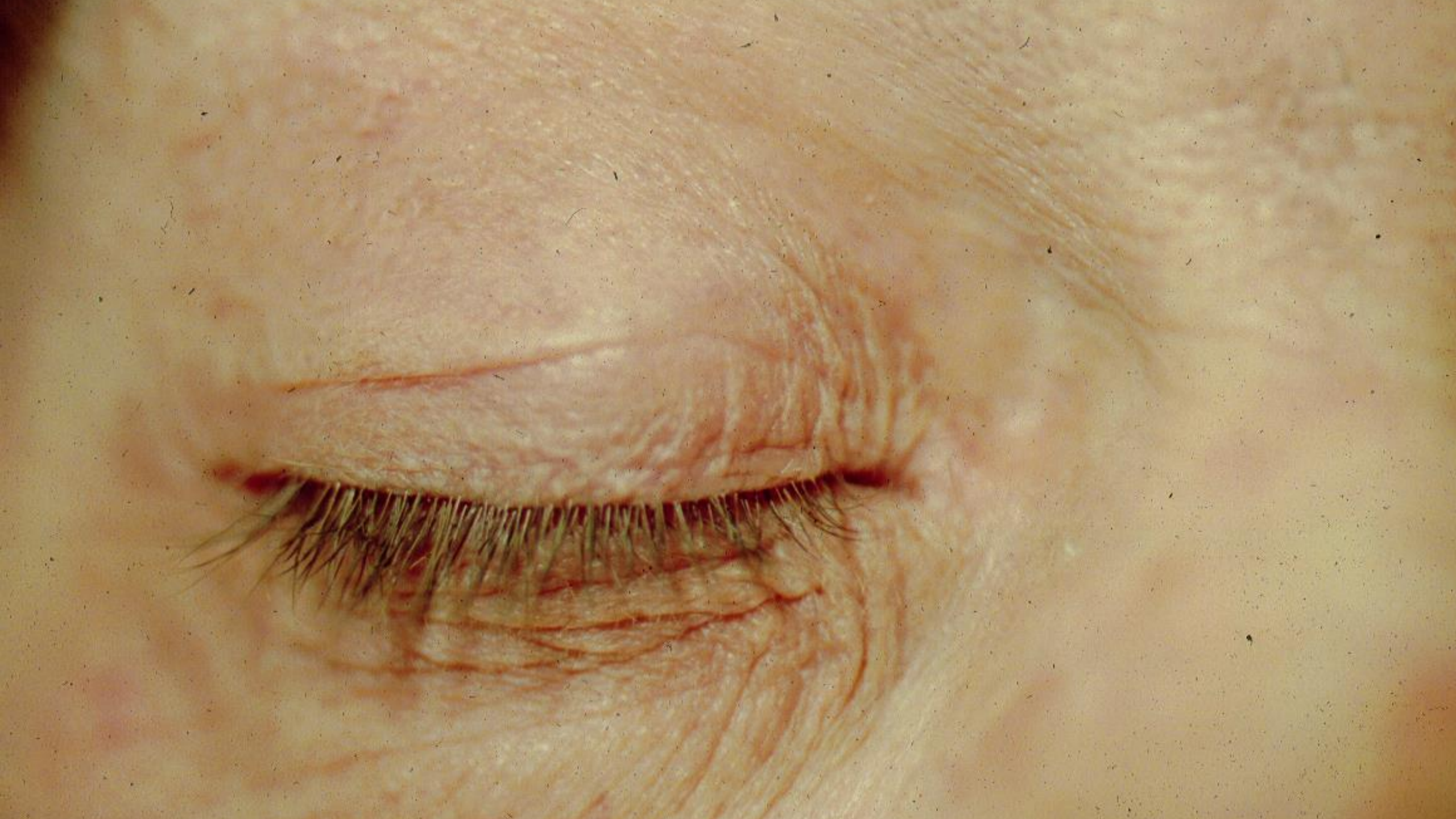
- 
- Theoretical Basis/Dermatopathology

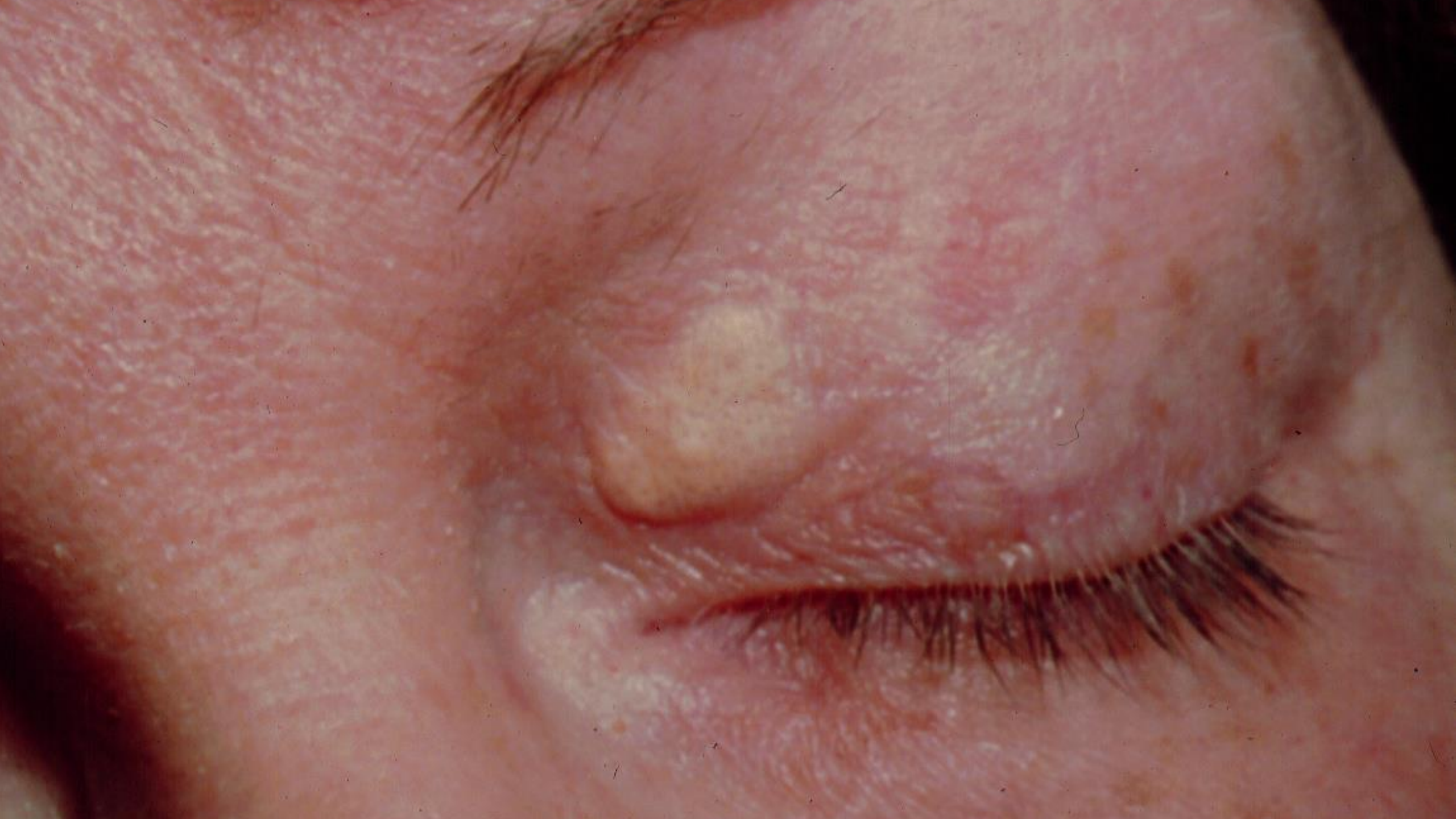
- Theoretical Basis/Dermatopathology
- Patient Selection

- Theoretical Basis/Dermatopathology
- Patient Selection
- Materials and Technique















- Theoretical Basis/Dermatopathology
- Patient Selection
- Materials & Technique
- Effectiveness

- Theoretical Basis/Dermatopathology
- Patient Selection
- Materials & Technique
- Effectiveness
- Side effects and cost

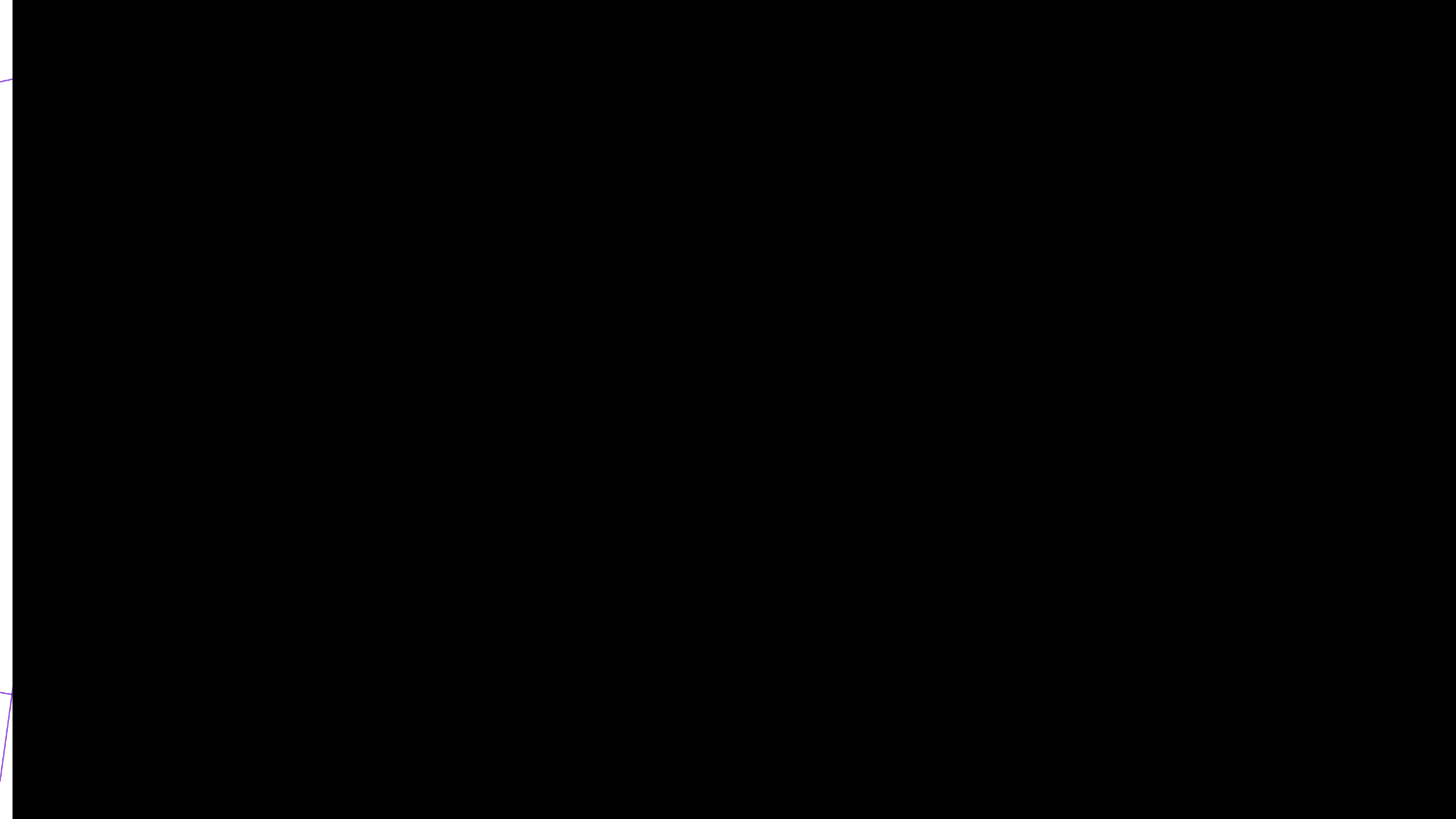
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Dermatologic surgery: official publication for American Society for Dermatologic Surgery [et al.] 24.9 (1998): 1027-1031.

*#6 DICHLORACETIC ACID
FOR
SEBACEOUS
HYPERPLASIA*









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