

Dermatosis papulosa nigra(DPN)

Dermatosis papulosa nigra is a common condition that most often affects Black and Asian adults. The cause of dermatosis papulosa nigra is unknown, but about half of people affected have a family history of the condition. Dermatitis papulosa nigra does not go away on its own. Although it can be cosmetically concerning, it does not pose a risk for cancer or other diseases or syndromes.



Who's At Risk

Dermatosis papulosa nigra is most common in people with darker skin colors, especially people of African or Asian descent. Up to one-third of Black adults have at least some of these lesions. Women are affected more often than men. Dermatitis papulosa nigra usually begins in adolescence, and the number and size of lesions increase with age.

Signs & Symptoms

In dermatosis papulosa nigra, numerous papules (small, solid bumps) can be found on the cheeks and forehead. They are often dark brown or black, but they can be any shade of brown. Sometimes these papules can be found on the neck, chest, and back. They are usually symmetric (on both cheeks, for example), similar in size, and asymptomatic, meaning they should not cause any pain or itch.

Self-Care Guidelines

There are no self-care guidelines for dermatosis papulosa nigra.

When to Seek Medical Care

No medical care is necessary for dermatosis papulosa nigra as it is a harmless condition. However, see a Doctor Edges medical professional if you have a new dark skin growth and you are not sure what it is or if you have dermatosis papulosa nigra and would like to learn more about removal of the lesions.