

Punctal Polyp, First Case Presentation

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Abstract

Polyps are exophytic or sessile lesions growing from the mucosal surface. They are usually idiopathic. They may be neoplastic or nonneoplastic.¹ They have been reported to arise in the ear canal, cervix, colorectal area, nose, uterus, stomach, throat, vulva, bronchus and urinary bladder.⁴ Punctal polyps have never been reported in the literature before. A thirty-year-old male patient presented to the oculoplastic clinic with the complaint of small polypoidal masses present in the medial corners of both eyes. They had been there for the last 3 months and were associated with itching and foreign body sensations. There was no systemic history of any allergy or use of any anti-allergic drugs. An excisional biopsy of these lesions was done and sent for histopathology. They were found to be polypoidal fragments of tissue covered by stratified squamous epithelium. The stroma was fibrous and showed mild chronic non-specific inflammation composed of lymphocytes and few plasma cells. Few blood vessels were seen. These were labelled as fibroepithelial punctal polyps. This is a rare location of presentation of polyp and hasn't been reported before. It is important to distinguish it from papilloma and bear the possibility of a polyp in mind to avoid unnecessary medical management.

Keywords: Punctum, fibroepithelial polyp, biopsy, neoplastic.

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1. Introduction

Fibroepithelial polyps have been defined by The National Cancer Institute as growth that protrudes from a mucous membrane.¹ They can be found at any age but are mostly found after 40 years of age.^{2, 3, 4} These are rare benign neoplasms and have commonly been reported in the colon, rectum, uterus and nose but unusual cases have been reported of ear canal, cervix, stomach, throat, vulva and bronchus 4, 5, 6. Various risk factors have been found to be associated with such emergencies.⁵ Punctal polyps have yet not been reported to date. We report here first such occurrence.

2. Case Presentation

Informed consent was taken from the patient. A 30-year-old male presented to the Oculoplastics clinic of Isra Postgraduate Institute of Ophthalmology, with the complaint of having small white masses in both eyes' inner corners. On examination, small white non-tender lesions were found evert from both puncta. Figure 1. These were causing mild itching. There was no systemic history of allergy or asthma. The lesion was excised by polypectomy. This was for diagnostic as well as therapeutic purposes. The polyp was cut at the base. Electrocautery was applied to any remnant tissue to avoid recurrence. The excisional biopsy of the lesions was sent for histopathology. The histopathology report

revealed a polypoidal fragment of tissue covered by stratified squamous epithelium. The stroma was fibrous and showed mild chronic non-specific inflammation composed of lymphocytes and few plasma cells. Few blood vessels were seen. The diagnosis was concluded to be fibroepithelial polyp. The patient was also advised antiallergic eye drops BD.



Figure 1: Right Punctum





Figure 2: Left Punctum

4. Discussion

Fibroepithelial polyps are benign tumours of 1-2mm. They usually occur in skin folds, (such as of the axilla, genital area or neck), colon and rectum however, the ear canal, cervix, stomach, nose, throat, and vulva have also been reported. These can be solitary or multiple. 5, 7. They are mostly idiopathic but possible causes include chronic irritation or infection, developmental or allergic factors, trauma, congenital causes, foreign body, cyst, tumour and mutation in genes.^{8,9}

The histology of FEPs varies with the site of the lesion. To date, no case of punctal fibroepithelial polyp has been reported. We hereby report the first such case. This patient has had a chronic history of allergy which seems to be associated with the occurrence of punctal polyps. Polyps can be left as such if they are not causing any symptoms but as in our case, they were causing itching. Also, they can tend to be precancerous. Hence, polypectomy became essential.

5. Conclusion

It is concluded that punctum is a new site for fibroepithelial polyp. They should be included in the differential diagnosis of any masses arising from the punctum and a biopsy be done in case of suspicion.

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