

## **STUCCO KERATOSES**

Stucco keratoses are benign harmless growths on the skin that are often seen in adults. The name is derived from the resemblance of the lesions to old stucco on the sides of houses. A stucco keratosis is technically a type of seborrheic keratosis which are the common brown benign growths that adults often have on their trunk. Stucco keratoses are typically small, white or gray in color, and often appear on the arms, hands, legs, and feet where the oil glands in the skin are less active. Most patients have a number of these growths present. These types of lesions never become malignant.

Stucco keratoses are normally asymptomatic and often go unnoticed. Some patients have less than ten spots while others can have hundreds. Usually treatment is not required since these lesions are benign. The best way to decrease the appearance of these lesions is to apply a moisturizer after your bath or shower. There are specific moisturizers that are often used which are more effective.

If an individual stucco keratosis is bothersome then removal can be arranged. It is usually not feasible to remove all of these lesions because of the sheer number. Another treatment that may be used at times is liquid nitrogen which is a light superficial freezing and causes the lesion to peel off and disappear.

Stucco keratoses are benign growths. I often joke with people that these are signs of wisdom and maturity since they tend to occur with time but actually are genetically related. Usually the best treatment is to apply a moisturizer after a bath or shower. If you have any other questions regarding these growths, please do not hesitate to ask before you leave the office.