Milia are minute follicular epidermal cysts, commonly found over the cheeks, nose, upper lip, forehead, and rarely over the areolae and genitalia. Prepucial milia (Prepucial Epstein pearl), are pearly white papules, 1-2mm in size found on the prepuce or shaft of the penis in a male newborn. They are benign in nature and almost always disappear within a few weeks. Prepucial milia evoke a lot of concern and anxiety to the parents. Physician and child healthcare providers should be aware of this condition to avoid unnecessary intervention.

KEY WORDS: Prepucial milia, Epstein pearls, Prepucial Epstein pearls

INTRODUCTION

In the neonatal period a number of physiological changes can be appreciated on the skin. Most of these conditions are physiological and transient. Their differentiation from other pathological conditions is critical for the neonatologist/paediatrician and dermatologists for prognosis, and for parents to care and seek appropriate medical advice. One of these conditions is milia. Milia are minute follicular epidermal cysts noted in about 40% newborns (1). They are commonly found over the cheeks, nose, upper lip, forehead, and rarely over the areolae, limbs and genitalia (2). Milia, when present over the palate and alveolar ridges are called Epstein's pearls and Bohn's nodules respectively (1). Single large milia is often described as pearl (2). Presence of milia on the prepuce has been reported as Prepucial Epstein pearl by many authors. Two prospective studies have reported that prepucial Epstein pearls are found in 7.3% to 18.2% male newborn infants though western literature claims it be more common (3-5). Prepucial milia evoke a lot of concern and anxiety to the parents (6). This can lead to unnecessary mental agony especially to the mother which may affect the maternal hormones like oxytocin resulting in failure to breastfeed if not counselled properly. Physician and child healthcare providers who are not aware of this benign condition may over treat it with unnecessary intervention.
investigations, puncturing, and antibiotics etc. Prepucial milia is a self resolving physiological condition requiring no intervention. But timely identification and counselling of the parents explaining the benign nature of this condition are imperative for management.

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