Case Study
Ear lesions that recur every spring

Abstract

Juvenile spring eruption is a photodermatosis that is considered a localized variant of polymorphic light eruption. This condition appears on the light exposed areas of the ears and is primarily found in boys and young males in early spring or summer. The exact pathogenesis of juvenile spring eruption is not clear. The symptoms usually clear within 2 weeks, but recurrences are common under similar climatic conditions. The diagnosis of juvenile spring eruption is made clinically and investigations are not required. Treatments include avoidance of sun exposure, emollients, potent topical corticosteroids, and antihistamines.

Keywords: juvenile spring eruption, photodermatosis, polymorphic light eruption, spring, ears

A 12-year-old male, who works part-time delivering flyers, develops pruritic and erythematous lesions on the ears that evolve into vesicles and crusts every spring over the past 3 years. The lesions heal within 2 weeks with no scarring.

What is your diagnosis?

Juvenile spring eruption is a photodermatosis that is considered a localized variant of polymorphic light eruption. This condition appears on the light exposed areas of the ears and is primarily found in boys and young males in early spring or summer. The exact pathogenesis of juvenile spring eruption is not clear.

About the authors

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There is usually a delay of up to 24 hours after sun exposure before the symptoms are apparent. Erythematous papules and vesicles tend to appear on the helices of the ears and they may evolve into crusts and bullae which subsequently heal with minimal or no scarring. In rare cases, cervical lymphadenopathy may be palpated. The symptoms usually clear within 2 weeks, but recurrences are common under similar climatic conditions. Symptoms tend to recur with decreasing frequency over time in most patients.\(^4\)

The diagnosis of juvenile spring eruption is made clinically and investigations are not required.\(^2\) Treatments include avoidance of sun exposure; sunscreens and wide-brimmed hats are beneficial to prevent recurrence. Potent topical corticosteroids and emollients may be used to facilitate resolution of the symptoms. Antihistamines are sometimes used to provide relief of pruritus.\(^5,6\)

**SUMMARY OF KEY POINTS**

**Juvenile spring eruption** is a photodermatosis that is considered a localized variant of polymorphic light eruption.

Symptoms tend to appear on the light exposed areas of the ears and are primarily found in boys and young males in early spring or summer.

The diagnosis of juvenile spring eruption is made clinically and **investigations are not required.**

Treatments include avoidance of sun exposure; sunscreens and wide-brimmed hats are beneficial to prevent recurrence. **Potent topical corticosteroids and emollients may be used** to facilitate resolution of the symptoms.
All of the tables and photos are original.
No competing financial interests exist in preparation of this case study.

References