



VULVAL FIBRO EPITHELIAL POLYP – A CASE REPORT

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ABSTRACT

Fibro epithelial polyps of the vulva are a very rare and benign disorder that occurs generally in young to middle-aged women. They are mostly solitary, pedunculated, and small in size with unknown pathogenesis. Several previous cases have suggested that a hormonal influence may be a predisposing condition for developing fibro epithelial polyp (FEP). Here we are presenting an interesting case of FEP of one and half month history arising from Labia Minora. It was treated by surgical excision and removal of FEP along with the peduncle. A histopathological examination confirmed the diagnosis.

Keywords: Fibro Epithelial Polyp, Labia Minora

INTRODUCTION

Fibro epithelial polyps are benign tumors, possibly of hormone-dependent nature found in the vulvo vaginal region of women of reproductive age. These polyps usually are less than 5 cm in diameter and are most commonly identified during routine gynecological examinations. These polyps can be polypoid or pe-

dunculated and are usually solitary. Presenting symptoms usually include cosmetic concern, the sensation of mass, bleeding, and discharge. Apart from these, it may be the cause of social withdrawal and emotional drain.

Materials and Methods

Place of Study - KJ Institute of Ayurved and Research, Savli, Vadodara, Gujarat

Case report

35 years old, para one patient, having complained of pain and swelling in the genital region and vaginal discharge for one and half months visited our Prasuti Tatra and Stree Roga Vibhaga OPD of Kashiba Ayurved Hospital, Savli. Following the brief physical examination verification of the mass in the right labia minora was made. The patient admitted that she first noticed the pea size swelling on her right labia minora one and half months back. It increased in size over a period of time until its current size. She reported being too hesitated and afraid to address the mass but because of trouble in day-to-day life made she visit the hospital for evaluation and management. Her last menstrual period (LMP) was 10 days back. She had

no complaint of nausea, vomiting, or any constitutional symptom.

On Examination: There was a single pedunculated mass measuring about 2 cm x 2 cm with a tiny peduncle measuring about 1.5 cm in the right sided labia Minora. Its surface was non-ulcerated with firm and hard consistency and tender on touch. Physical examination revealed no abnormality. Per vaginal examination and per speculum examinations were normal. No lymph nodes were palpable in the vulval and inguinal region. Laboratory evaluations including hematologic and urinary were normal. The patient was admitted with a provisional diagnosis of Genital polyp.

Treatment Plan: The patient was treated on IPD basis, with the surgical removal of the mass along with the peduncle under Local Anesthesia and followed by Histopathological examination.



Image 1: A – Fibroepithelial polyp (FEP) over right labia minora, B & C – FEP after excision

Results:

Histopathological examination confirmed the diagnosis of Fibro epithelial polyp with no malignancy, the polypoid skin-covered tissue overlying benign mucinous cyst.

DISCUSSION

Fibro epithelial polyps (FEP) are benign mesenchymal masses characterized by a polypoid proliferation of the stroma with overlying squamous epithelium. These are hormonally related and affect women, mostly of reproductive age¹. They usually arise in hair-bearing skin but may be found on the labia minora². These tumors vary in their clinical appearance

from small fleshy pigmented papillomatous growths to large pedunculated tumors². FEPs are asymptomatic occasionally they may cause bleeding, discharge, and general discomfort. Surgical excision is the curative treatment, recurrence is possible if incompletely excised³.

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