

UC Davis

Dermatology Online Journal

Title

Tik Tok tyloma

Permalink

<https://escholarship.org/uc/item/72c0v1pz>

Journal

Dermatology Online Journal, 27(11)

Authors

Barry, Kelly K
Hawryluk, Elena B

Publication Date

2021

DOI

10.5070/D3271156100

Copyright Information

Copyright 2021 by the author(s). This work is made available under the terms of a Creative Commons Attribution-NonCommercial-NoDerivatives License, available at <https://creativecommons.org/licenses/by-nc-nd/4.0/>

Peer reviewed

Tik Tok tyloma

Kelly K Barry^{1,2} MS, Elena B Hawryluk^{2,3} MD PhD

Affiliations: ¹Tufts University School of Medicine, Boston, Massachusetts, USA, ²Dermatology Section, Department of Immunology, Boston Children's Hospital, Harvard Medical School, Boston, Massachusetts, USA, ³Department of Dermatology, Harvard Medical School, Massachusetts General Hospital, Boston, Massachusetts, USA

Corresponding Author: Elena B Hawryluk MD PhD, Massachusetts General Hospital, Department of Dermatology, 50 Staniford Street, Boston, MA 02114, Tel: 617-643-2622, Fax: 617-643-2655, Email: ehawryluk@mgh.harvard.edu

Keywords: callous, callus, tyloma

To the Editor:

A 19-year-old left-handed man presented for management of his acne. Incidentally, on physical examination a small, firm nodule with overlying hyperkeratosis was noted in an unusual location on the radial aspect of his left fifth finger (**Figure 1A, B**). There was no history of manual labor, specific sports-related repetitive trauma, musical instrument use, or chemical irritation. When on his cell phone, the patient was observed using his left fifth finger to create a makeshift stand (**Figure 1C**). On further questioning, the patient endorsed spending significant time watching videos and using social media on his cellular device.

A callus, also known as a callosity or tyloma, is a localized thickening of the outer layer of skin, characterized by accelerated keratinization and a reduced rate of desquamation secondary to repetitive friction, pressure, or other physical or chemical irritation. Distinct occupational callosities have been described in a variety of professions involving repetitive mechanical trauma, such as musicians, athletes, and data-entry typists ("mousing callous"), [1] and cow milkers ("milker's callus"), [2]. More recently, skin-related manifestations secondary to excessive gaming have been described, including palmar ulcers ("ulcerative Nintendinitis"),

[3], palmar hidradenitis [4], soft tissue swelling ("Wiitis"), [5], subcorneal hemorrhage ("Playstation purpura"), [6], and blistering, hyperkeratosis and onycholysis ("Playstation thumb"), [7].

As the way we interface with technology, both occupationally and leisurely, evolves, new physical manifestations will continue to emerge as evidence. Tik Tok is a video-sharing application that has recently gained popularity as a social media platform. Thus, "Tik Tok tyloma" is yet another dermatosis attributable to excessive use of technology. In general, calluses are benign and do not require intervention. A reduction in time spent holding the device or change of positioning will likely result in improvement. Adolescents who spend significant time texting or using social media may be more susceptible to repetitive friction or pressure in peculiar areas of the hand, which may otherwise rarely become hyperkeratotic. A recent surge in social media usage can be, at least in part, attributable to the COVID-19 pandemic. We propose the addition of "Tik Tok tyloma" to the growing list of skin-related findings associated with COVID-19, such as "maskne" and "COVID toes."

Potential conflicts of interest

The authors declare no conflicts of interest.

References

1. Goksugur N, Cakici H. A new computer-associated occupational

skin disorder: Mousing callus. *J Am Acad Dermatol.* 2006;55:358-9.

- [PMID: 16844534].
2. Vetrichevvel TP, Udayashankar C, Oudeacoumar P. Milker's callus. *Dermatol Online J*. 2008;14. [PMID: 18718197].
 3. Koh TH. Ulcerative "Nintendinitis": a new kind of repetitive strain injury. *Med J Aust*. 2000;173:671. [PMID: 11379534].
 4. Kasraee B, Masouyé I, Piguet V. PlayStation palmar hidradenitis. *Br J Dermatol*. 2009;160:892-894. [PMID: 19239462].
 5. Eley KA. A Wii fracture. *N Engl J Med*. 2010;362:473-4. [PMID: 20130262].
 6. Robertson SJ, Leonard J, Chamberlain AJ. PlayStation purpura. *Australas J Dermatol*. 2010;51:220-2. [PMID: 20695869].
 7. Vaidya HJ. PlayStation thumb. *Lancet*. 2004;363:1080. [PMID: 15051306].



Figure 1. *Tik Tok Tyloma on A, B) radial aspect of fifth finger of dominant hand. C) Positioning of fifth finger to create a makeshift cell phone stand.*