Management and Outcome of Bilateral Elastofibroma Dorsi: 3 Cases Report and Review of Literature

S. Karti, A. Jalal, A. Chfiri, A. Harti, M. Diouri

ABSTRACT

Elastofibroma dorsi is a rare soft tissues benign tumor with very slow evolution, seen predominantly in females and elderly. It mostly occurs in the infrascapular region, and can be bilateral. The diagnosis is based on clinical presentation and imaging features but pathological study after excision is necessary for confirmation. We present the cases of 3 patients with bilateral elastofibroma dorsi to clarify the clinical features, radiological and therapeutic modalities to improve management, along with a literature review.

Keywords: Benign, elastofibroma, soft tissues, tumor.

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I. INTRODUCTION

Elastofibroma dorsi is a rare benign soft tissue tumor usually slow growing, typically located in the lower pole of the scapula, it is mostly seen in middle aged and older women. Elastofibroma Dorsi can be bilateral in 10 to 66% of cases.

The diagnosis can be both clinical and image based. Magnetic resonance (MR) is most oftenly used given its high sensitivity and specificity in soft tissues.

The surgical indication is made based on the patient’s symptoms and the size of the tumor.

II. CASE REPORT

A. Case 1

A 65-year-old woman with no medical history, presenting two subscapular bilateral masses slowly growing for 7 years becoming painful.

The CT scan (Fig. 1) showed 2 subscapular nonhomogeneous mal limited masses with a density similar to muscles, including areas of lower density secondary to fat, measuring 48 mm/24 mm on the right side and 44 mm/24 mm on the left side.

The decision to operate the patient was made due to the pain caused by the masses; a drain was left in place for 5 days post operatively. The patient presented a seroma post operatively, that was treated by multiple aspirations, and compression.

Fig. 1. CT scan image of bilateral elastofibroma dorsi.
B. Case 2

A 57 years old woman with no medical known history presenting two parascapular masses (Fig. 3) growing progressively for 5 years causing a discomfort in the right shoulder abduction.

The CT scan showed a bilateral aspect of elastofibroma dorsi.

The two masses were excised under general anesthesia, a drain was left on both sides for 5 days, and no complications were noted after surgery.

C. Case 3

A 52 years old man with no medical history presenting three masses in the dorsal region two subscapular and one suprascapular (Fig. 4)

The diagnosis was based on the CT scan showing a bilateral aspect of subscapular elastofibroma.

After surgery it appeared that the two subscapular masses were elastofibromas, and the third mass was a lipoma.

No complications were noted after surgery.
C. Immunohistochemical Findings

An interesting immunohistochemical finding is the factor XIII a positivity in most cases; spindle cells can be CD34-positive [5].

Treatment of elastofibroma consists in complete surgical excision of the mass [1], [6] with marginal resection, although the limit for surgical indication is still being discussed, but surgery is needed whenever the greater diameter is over 5 cm and in symptomatic cases [4]-[6], or when there is an important esthetic prejudice. Post operative wound drainage for a sufficient length in time seems to be necessary to avoid complications, our three patients underwent surgery.

The most common complications seen are seromas, and hematomas if a rigorous hemostasis is not achieved [4], [6], [10].

Some patients may experience a mild/moderate chronic pain along the surgical scar not referable to a single nerve distribution, unrelated to active mobilization of the shoulder

Which according to the literature, might be related to injury of the nociceptive system, that occurs during the surgical procedure, and might benefit from treatment by a specialist in pain therapy.

In our cases one patient had a seroma, while the two others did not present any complications.

There is no consensus in the literature about rehabilitation protocol after surgery [3], immobilization for 1 week, can help healing of muscle reattachments and can stabilize flaps, thereby helping to reduce complications, then passive ROM exercises after 15 days (Nanago).

The elastofibroma dorsi has excellent prognosis, extremely low recurrence, and no risk of malignant transformation has been reported in literature.

IV. Conclusion

Bilateral elastofibroma dorsi is a rare benign tumor of soft tissue, it is more predominant in the parascapular region and amongst women, often asymptomatic the diagnosis is based on MRI, which is the most performant imaging exam, and anatompomatological examination is used for confirmation.

Résection decision depends on the symptoms evaluation, and the disconfort presented by the patient.

REFERENCES


S. Kartı born in Casablanca, Morocco, the 18th of May 1990 she obtained her medical degree in medical university of Casablanca in 2016.

She is actually doing her residency in plastic surgery at Ibn Rochd university hospital in Casablanca.