Omphalolith: An Umbilical Concretion to Recognize

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An 83-year-old woman with dementia presented with an umbilical lesion that was incidentally noticed by family. She had no abdominal pain, weight loss, or night-sweats. She did not know how long it had been present. On exam she had a painless, brownish-black, dry-appearing mass (Fig. 1) protruding from her umbilicus. The mass was felt to be an Omphalolith or Umbilical Concretion. It was removed with gentle traction using forceps. It measured $3.5 \times 3.0 \times 1.0$ cm with a brownish-black dry-appearing cap and an inferior aspect that was pearly-tan-white (Fig. 2). Histopathology showed a specimen composed of laminated keratin.

The word Omphalolith (Omphalith) is derived from the Greek words omphalos (navel) and lithos (stone).¹ It refers to sebum and keratin that have accumulated into a stone-like concretion in an umbilical cleft.² Superficial

Figure 1. Omphalolith protruding from the umbilicus.

Figure 2. Omphalolith after removal, with a dark brownish-black superficial cap and pearly-tan-white base.

parts of the Omphalolith can appear dark brown or black, likely due to melanin and oxidation of lipids.³ It is usually asymptomatic, but can come to attention with skin ulcerations or secondary infections.¹ Omphaloliths likely form when the patient fails to clean a deep umbilical cleft. They are removed with gentle manipulation. Recognition of the entity is important to prevent unnecessary consultations, procedures, and imaging studies.

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