

PodiatryCare, P.C. *and the* Heel Pain Center

1379 Enfield Street
Enfield, CT 06082
860-741-3041
Fax: 860-741-5644
www.ctfoot.com

1350 Sullivan Avenue
South Windsor, CT 06074
860-644-6525
Fax: 860-741-5644
www.ctfoot.com

Dr. Robert E. Marra

Diplomate American Board of Podiatric Surgery

Dr. Thomas V. Johnson

Diplomate American Board of Podiatric Surgery

Dr. Kristen E. Winters

Diplomate American Board of Podiatric Surgery

Dr. Laura C. Vander Poel

Certified Wound Care Specialist

POROKERATOSIS OR CUTANEOUS NEUROMA

A porokeratosis is a special type of callus. In contrast to the typical callus, this type is deep in the skin and is like having a small plug stuck in your foot. It is very commonly misdiagnosed as a wart.

Symptoms

A small round lesion usually present on the weight-bearing surface of your foot, such as the heel or the ball of your foot. Sometimes more than one can be present at the same time. Many patients feel as though they are walking on a small pebble, and this can cause a considerable amount of pain.

Cause

Many theories exist as to what causes these porokeratoses to develop, however no one really knows for sure. Some of these theories include a clogged sweat gland, some sort of trauma that pushes the outer part of the skin into the foot, and genetics. There also could be involvement of the skin nerves around the porokeratoma further contributing to the pain associated with these lesions (hence the term cutaneous neuroma).

Treatment

Trimming of the porokeratosis by your doctor at PodiatryCare will provide **immediate** relief. Depending on how quickly the porokeratosis returns (if at all) this periodic trimming may be all that is needed.

Alcohol Injections for Porokeratosis

If the porokeratosis is a recurring problem, alcohol can be injected underneath the lesion to help prevent it from coming back. Alcohol injections are a safe, effective means of eliminating painful porokeratosis problems without the need for surgery. The success rate of this procedure has been significant. The treatment plan consists of a series of injections at one-week intervals. A quick, short injection of a small amount of alcohol and numbing medicine is placed at the site of the painful keratoma on the plantar aspect of the foot. Some patients will see an improvement after the first three injections, however other individuals can require additional injections. After an injection, a return to all normal activities is possible. In our practice, this has become a valuable tool that has lessened the need for surgical intervention to correct the painful condition of a porokeratosis. This is a procedure that is covered through insurance companies.