



Painful Benign Lesion

1 message

Joseph C. Taub, DPM PA <info@drtaubfootandwound.com>
Reply-To: info@drtaubfootandwound.com
To: andrew.green@doctorsinternet.com

Fri, Feb 16, 2018 at 11:25 AM



Podiatry Weekly Tips: Painful Benign Lesion



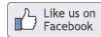
Painful Benign Lesion

A painful condition that we are able to give immediate relief with little to no pain is a medical condition called Intractable Plantar Keratosis (IPK). I call this condition inverted corns. IPK's are typically caused by pressure from bones. Typically these benign lesions are located on weight-bearing areas. These type of skin lesions are painful especially when walking. Patients commonly tell me it feels as if there's a pebble in their shoe. These lesions respond well to trimming, aka debriding, which can provide complete relief. Then I tell patients to apply moisturizing cream twice daily for two weeks. This can resolve any remnants of the lesion that can't be debrided. If the lesion becomes recurrent, the patient can decide to have the lesion excised. Due to the fact that these lesions are on weight-bearing areas, surgical excision has a 50% success rate regarding recurrence.

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Joseph C. Taub, DPM PA * Contact us at (772) 283-3800

Joseph C. Taub, DPM PA, 3515 SE Willoughby Blvd, Stuart, FL 34994

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