



WOUND HEALING

MULTIPLE SMALL ULCERS OCCURRING IN ASSOCIATION WITH PIEZOGENIC PEDAL PAPULES

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Background: Piezogenic pedal papules (PPP) are tiny evaginations of subcutaneous fat protruding into the dermis in the medial aspect of the heels. They appear as asymptomatic, sometimes painful, skin-coloured to yellowish papules when the patient weight-bears on the feet. They are known to be associated with certain connective tissue disorders and certain risk factors. However as yet they have not been associated with ulceration.

Observation: A 54 year old lady presented to our clinic complaining of a few week history of multiple blisters on the medial heels bilaterally that subsequently ulcerated into shallow ulcers. She did not have any history of ulceration in the area. She denied a history of trauma to the affected areas.

Prior to presentation she had been admitted to hospital in view of a few month history of lower back pain. Computed tomography of the thorax, abdomen and pelvis (CT-TAP) had revealed a suspicious splenic lesion. She had undergone an elective splenectomy; histopathology had raised the possibility of a necrotic littoral cell angioma. The CT-TAP had also shown bilateral sacro-ilitis a finding which was later confirmed on magnetic resonance imaging. She was otherwise healthy.

Examination of the affected areas confirmed multiple small shallow ulcers on the medial heels bilaterally. On standing the patient also had multiple painless yellowish papules in the same areas of the heels bilaterally. These were clinically consistent with PPP. The patient admitted that these were long-standing.

The patient was treated empirically for her ulceration with doxycycline 100mg BD and topical antiseptic emulsion for 2 weeks. A swab taken from the ulcers failed to culture any bacteria. On review after 6 weeks the ulcers had healed; with only the PPP persisting.

Key messages: To our knowledge this is the first reported case of ulceration occurring in association with PPP.

