Lipoma of the sole: Usual tumor but unusual location

Sir,

Although lipomas are the most common benign soft-tissue tumors found in the body, they are not commonly found in the sole.

A six-year-old girl approached with complaint of gradually progressive swelling on her left sole since one year. The patient had pain while walking. On examination, there was a single swelling of size 4x3 cm on plantar aspect of sole. It was mainly located over the balls of lateral three digits. Toe movements as well as gait of the patient were normal. Laboratory parameters were normal. Three centimeter incision was taken over the swelling. A single 3x3 cm well defined capsulated lipoma was excised [Figure 1]. It was not attached to deeper planes. Histopathology revealed predominantly mature adipocytes, admixed with collagenic streaks. Patient was discharged on 10th postoperative day. There was no recurrence in one-year follow up.

Lipoma is defined as benign tumor usually composed of mature fat cells. They are most commonly found in areas of abundant adipose tissue, which may explain why they are rarely found in the sole. Reports of lipoma in the sole exist, but the occurrence of the tumor in this location is very rare.[1]

Plantar incisions are ideal in specific cases as long as the surgeon adheres to certain principles. Optimum exposure is the key to total eradication of soft tissue lesions and to proper maintenance of wound healing.[2]

REFERENCES


D. K. Sarda, P. Kothari, P. Adivarekar, D. Raghunath, K. Ravikumar, B. Kulkarni
Department of Pediatric Surgery, Lokmanya Tilak Medical College and Lokmanya Tilak Municipal General Hospital, Sion, Mumbai - 400022, India