

A Massive Lipomatous Tumour of the Big Toe: 'To Salvage or To Sacrifice?'

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INTRODUCTION:

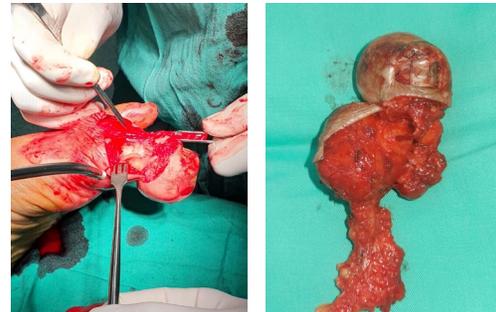
Lipoma is a one of the most frequent benign tumour encountered however very few cases was reported in plantar aspect of the foot. The peculiar anatomy of this region caused modification of its typical clinical feature and also challenges in surgical removal if it is deemed appropriate. Few case reports regarding lipoma of toes found in literature showed surgical resection with some advocate for salvaging the toe while others performed disarticulation. We report a massive lipomatous tumour over the plantar aspect of the big toe requiring disarticulation of the toe

REPORT:

A 44 years old lady presented with five years history of right big toe swelling with gradually increasing in size that now it prevented her from wearing shoe. Physical examination revealed a soft, painless, lobulated mass with palpable border at the level of interphalangeal joint, on the plantar side of the left big toe. MRI revealed lipomatous mass of 8cmx4cmx3.5cm in the subcutaneous tissue encompassing the flexor tendon extending dorsally. Patient underwent marginal resection of the tumour with disarticulation of the interphalangeal joint, in view of the encroaching of the tumour over tip and both paronychium. The lesion was approached after disarticulation of big toe starting from dorsal aspect, then medial and lateral z-plasty with first webspace webplasty was done to ease closure. HPE reveals mature adipocytes with no atypical stromal cells or dysplasia seen. The post-operative healing was uneventful with patient styling her favourite shoe.



Pre-operative



Post-operative

CONCLUSION:

We opted disarticulation of interphalangeal joint to get a clear margin of the tumour, in this case, to prevent recurrence and subsequently added morbidity to the patient. In conclusions in cases of lipoma over toes and foot, detailed imaging such as MRI is required to plan precise preoperative planning. Although it is a benign tumour, it still can cause mechanical discomfort, neurovascular compromise and difficulty in wearing shoes and ambulation, which necessitates complete removal of the mass.

REFERENCES:

1. Ozdemir, Ozden, Aydinli, Y. and Kaya, B. (2020) 'A Rare Tumor of the Toes: Lipoma'