A Teen with Holes on Her Feet
Ellie Phant

- A 17-year-old female arrives with concerns that she may have “Toelio”
- History:
  - 4 - 6 months of small “holes” on the soles of her feet
  - minimal malodor at first, but now feet tend to smell “bad”
Ellie Phant

History:

- no pain at first, but now mild discomfort/pain on weight bearing
- no trauma nor change in her activities
A global view of our heroine’s feet
Check this out... some holes in Ellie’s heels as well as a plaque-like area of ulceration
More holes/ ulcerations...
Close-up of the left heel
Close-up... many pits and small ulcerations
Ellie Phant (continued)

Physical examination

- pitting of the weight-bearing surfaces on both plantar surfaces
- no callous formation of the involved area
- plantar surfaces moist, mild malodor
- no petecchiae
And the answer is...
Answer: Pitted Keratolysis

- A real entity caused by *Corynebacterium* genus
- Organism proliferates in a warm moist environment such as occlusive foot wear
- Pungent odor
- Special medium required to culture.. make the diagnosis on clinical findings
Pitted Keratolysis: Treatment

- **Keep feet dry**
  - absorbent socks
  - well-ventilated footwear
  - Aluminum Chloride hexahydrate (Drysol)
- **Topical 2% Erythromycin solution**
Pitted Keratolysis: Treatment

- Other topical agents that may work...
  - Clindamycin
  - Whitfield’s ointment
  - 5% Formalin
  - Antifungals
References
