

Verapamil Gel for the Management of Plantar Fibroma

What is Verapamil Gel?

Verapamil gel is a topical medication that has been used as a treatment for plantar fibroma. Plantar fibroma is a benign tumour that typically arises on the bottom surface of the foot and can cause discomfort and pain while walking or standing. Verapamil gel is thought to work by reducing the activity of fibroblast cells that are responsible for the formation of the fibrous tissue that makes up the tumour.

Who Prescribes Verapamil Gel?

Verapamil gel is prescribed by Mr Ron McCulloch, a Consultant Podiatric Surgeon at The London Podiatry Centre.

How is Verapamil Gel Applied?

Verapamil gel is applied topically to the affected area. Treatment typically involves the application of the gel over several months.

What are the Potential Complications of Verapamil Gel?

While Verapamil gel is generally considered safe, there are some potential complications to consider. Verapamil can cause skin irritation, redness, and itching in some patients. In rare cases, Verapamil gel can cause skin discoloration or ulceration at the application site. Additionally, Verapamil can interact with other medications, including blood thinners and beta-blockers, so it is important to discuss any current medications with your healthcare provider before starting Verapamil gel.

What Should I Do if I Experience any Side Effects?

If you experience any skin irritation or other side effects, please contact your healthcare provider immediately.

Interactions With Verapamil 15% Gel - Important Information for Patients

Please note that Verapamil 15% gel has very limited absorption into the body, but it is important to be aware of potential interactions:

Beta Adrenergic Blocking Agents (Beta Blockers):

Medications used for high blood pressure and heart rhythm problems. There is a small risk that these medications may make Verapamil gel less effective.

Statins:

Medications like simvastatin, atorvastatin, and lovastatin used to lower cholesterol. Verapamil gel may slightly affect how your body processes these medications, leading to higher levels in the blood. This can increase the risk of muscle aches and pains. While the gel has limited absorption, it is important to be aware of this potential side effect.

Tetracycline, Doxycycline, and Minocycline:

Antibiotics that may interfere with the gel's effectiveness in treating your condition. It is important to discuss this with your doctor.

Anti-Seizure Medications:

Medications such as phenytoin, phenobarbital, and primidone may have side effects that affect the body's connective tissues.

Digoxin/Cyclosporin:

The gel has minimal absorption, but there is a small risk of affecting the metabolism of these drugs. please advise your podiatrist if you are on these drugs.

Nicotine:

Smoking or using tobacco products may reduce the gel's absorption. It is advisable to consider reducing tobacco use while using the gel.

Glucosamine/Chondroitin Compounds:

Supplements containing chondroitin sulfate may interact with Verapamil Gel in treating fibrous tissue disorders. it is often best to stop these supplements whilst using the drug.

Large Daily Doses of Vitamin C:

Excessive intake of vitamin C may increase collagen production. While the gel has limited absorption, it is recommended to limit vitamin C intake to no more than 400mg per day.

Remember to consult your podiatrist regarding any medications, supplements, or health conditions before starting Verapamil 15% Gel or making any changes to your treatment plan.

Conclusion

Overall, Verapamil gel may be a promising treatment option for plantar fibroma, but patients should discuss the potential risks and benefits with their healthcare provider and carefully consider any possible complications before proceeding with treatment.

References

- Mulder GJ, Lubberts B. Plantar fibromatosis: diagnosis and management. *Curr Opin Orthop*. 2009;20(1):59-63.
- Stojadinovic A, Elster EA, Najafi R, et al. Clinical decision making for the surgical management of plantar fibromatosis. *Eur J Surg Oncol*. 2008;34(8):868-72.
- Skougaard K, Nielsen KA, Olesen UH, Jensen P, Jensen MB, Kjeldsen AD. Calcium channel blockers for the treatment of plantar fibromatosis: a systematic review. *Foot Ankle Surg*. 2017;23(1):7-13.