

OSTEOID OSTEOMA

What is Osteoid Osteoma?

Osteoid osteoma is a benign tumor of the bone. This tumor is most frequently found in the legs but may occur also at other bones in nearly any part of the body. Osteoid osteoma is a tumor of children and young adults; it is very rare in older adults over the age of 50.

How is Osteoid Osteoma diagnosed?

An osteoid osteoma is often diagnosed when it causes pain. The pain is frequently in the night, and patients sometimes wake up from the pain. The pain may also occur during the day. Sometimes the pain gets worse over time. It may be dull or sharp, and gets worse with activity. Typically, patients have relief of their pain with aspirin, ibuprofen or other anti-inflammatory agents.

There may be a lot of inflammation around the tumor and the soft tissue around the tumor may be painful or swollen. Sometimes a lump may even be felt.

When these tumors are imaged, X-rays show new bone formation and sometimes a small spot that is very distinct from the surrounding bone, the nidus. Cat scans (CT) are even better able to show the new bone formation and the nidus.

How is Osteoid Osteoma treated?

The most significant symptom of osteoid osteoma is pain. This can be treated with aspirin, ibuprofen or other anti-inflammatory drugs. However, it should be considered that stomach ulcers, heartburn, and bleeding problems may develop from the overuse of anti-inflammatory medications.

For successful and permanent reduction of pain, the tumor must be completely removed. Some surgeries are quite extensive and require large bone grafts and a long recovery period. The method recommended by our interventional radiologists is thermal ablation. During this procedure the tumor is heated or frozen for a few minutes, and thus ablated. This procedure is done on an outpatient basis and has a short recovery time. Though this procedure is minimally invasive, it is still an operative procedure, and is thus often done under general anesthesia. If anesthesia is used, expect to still be discharged the same day, but do not do any strenuous activities.

What should I expect after treatment?

You will most likely be sedated for the ablation of your osteoid osteoma. Recovery from the anesthesia is usually quite brief, so expect same-day discharge from the hospital to home. Driving and operating heavy machinery are not recommended within the first 24 hours after anesthesia. Nausea following anesthesia is also normal, and you may return to your normal diet if nausea does not occur. If you are on blood thinners, ask for specific instructions on how/when to resume them.

Some patients will experience discomfort after the procedure. We will assess your needs and recommend medications when you are discharged. Depending on where your osteoid osteoma was located, we will give you instructions on any limitations during recovery. Many patient will gradually return to prior activity level over a week or two.

We will see you for a post op visit approximately 2 weeks after the procedure. We will ask you to call us if the symptoms you had prior to the procedure return. There is usually no need for additional imaging unless symptoms return.