

Visited 10/26/2015



Search Mayo Clinic

Request an Appointment
Find a Doctor
Find a Job
Give Now

Log in to Patient Account
Translated Content

PATIENT CARE & HEALTH INFO

DEPARTMENTS & CENTERS

RESEARCH

EDUCATION

FOR MEDICAL PROFESSIONALS

PRODUCTS & SERVICES

GIVING TO MAYO CLINIC

Appointments at Mayo Clinic

Mayo Clinic offers appointments in Arizona, Florida and Minnesota and at Mayo Clinic Health System locations.

Request Appointment

Diseases and Conditions

Print

Meralgia paresthetica

Basics

In-Depth

Multimedia

Resources

News From Mayo Clinic

Definition

Symptoms

Causes

Risk factors

Preparing for your appointment

Tests and diagnosis

Treatments and drugs

Lifestyle and home remedies

Definition

By Mayo Clinic Staff

Meralgia paresthetica is a condition characterized by tingling, numbness and burning pain in your outer thigh. The cause of meralgia paresthetica is compression of the nerve that supplies sensation to the skin surface of your thigh.

Tight clothing, obesity or weight gain, and pregnancy are common causes of meralgia paresthetica.

However, meralgia paresthetica can also be due to local trauma or a disease, such as diabetes.

In most cases, meralgia paresthetica can be relieved with conservative measures, such as wearing looser clothing. In severe cases, treatment may include medications to relieve discomfort or, rarely, surgery.



Pain Management Advisor

Subscribe to our Pain Management Advisor e-newsletter for tips to manage pain.

Sign up now

Advertisement

Mayo Clinic is a not-for-profit organization. Proceeds from website advertising help support our mission. Mayo Clinic does not endorse non-Mayo products and services.

Advertising & Sponsorship Policy | Opportunities

Mayo Clinic Store

Check out these best-sellers and special offers on books and newsletters from Mayo Clinic.

Guide to Stress-Free Living

Control fibromyalgia with a three-step action plan

Information to Live stronger, longer and healthier

Pregnant? Get trusted advice from Mayo Clinic

Wellness Solutions for Weight Loss

Help Mayo Clinic find the Cures of Tomorrow

Donate now to fund vital cancer research.

Your gift will be DOUBLED up to \$75,000

Deadline: October 30

Match my gift >



Free E-newsletter

Subscribe to Housecall

Our general interest e-newsletter keeps you up to date on a wide variety of health topics.

Symptoms

Share

Tweet

March 29, 2014

References

Products and Services

Book: Mayo Clinic Guide to Pain Relief

Newsletter: Mayo Clinic Health Letter

Book: Mayo Clinic Family Health Book, 4th Edition

See also

Visited 10/26/2015

[Sign up now](#)

[Groin pain \(male\)](#)

[Numbness](#)

[X-ray](#)

Ads by Google

Panera Bread Coupons

befrugal.com/PaneraBread

Free Coupons for Panera Bread. Print Your Free Coupons Now!

People with low back pain

acurianhealth.com

Consider a low back pain research study. Payment up to \$900.

Public Marriage Records

persopo.com

Type Any Name & State Then Get Marriage Records Instantly

Obamacare Under \$50/Month

obamacareusa.org

Millions of Americans Can Now Get Covered with Obamacare. Start Now!

Best Mattress Back Pain

dealhunter.us/All-Information

Find Best Mattress Back Pain All Information Readily Available !

Other Topics in Patient Care & Health Info

[Healthy Lifestyle](#)

[Symptoms A-Z](#)

[Diseases and Conditions A-Z](#)

[Tests and Procedures A-Z](#)

[Drugs and Supplements A-Z](#)

[Appointments](#)

[Patient and Visitor Guide](#)

[Patient Online Services](#)

Visited 10/26/2015

[Home](#) » [Diseases and Conditions](#) » [Meralgia paresthetica](#) »

[REQUEST APPOINTMENT](#) | [GIVE NOW](#) | [CONTACT U](#)

Any use of this site constitutes your agreement to the Terms and Conditions and Privacy Policy linked below.

[Terms and Conditions](#)
[Privacy Policy](#)
[Notice of Privacy Practices](#)

A singl
noncor
Clinic,
Living,
tradem
Educa

© 1998-2015 Mayo Foundation for Medical Education and Rese