



NAIL DISORDERS

NAILING THE NAIL

P Banodkar⁽¹⁾

Saifee Hospital, Dermatology, Mumbai, India⁽¹⁾

OBJECTIVE: To learn the different methods of intralesional, intra matrix and nail bed injection therapy for the treatment of nail diseases.

PATIENTS AND METHODS: Nail involvement is an extremely common feature of many dermatoses and with 5-10% of patients having isolated nail diseases. Nail diseases put a significant burden on the patients as a result of functional impairment of manual dexterity, pain, and psychological stress. Affected nail plates are often thick and crumble, and because they are very visible, patients tend to avoid normal day-to-day activities and social interactions. In this overview, we review the clinical manifestations, the common differential diagnosis and focus on the video demonstrations of the different methods of intralesional, intra matrix and nail bed injection therapy for the treatment of nail diseases.

RESULTS: The treatment of nail disorders is currently an unsatisfying exercise. Isolated nail involvement generally does not warrant any systemic therapy. At the same time, treatment is requested because of significant cosmetic and functional handicap. This presentation has video demonstrations of how nail injections are given and shows that careful attention to injection technique further minimizes the side effects associated with the procedure. Predominant side effects included pain, subungual hematoma formation, proximal nail fold hypopigmentation, and atrophy.

CONCLUSION: Medications injected into nail matrix, nail bed and nail fold area is a useful, cheap and efficacious treatment for dermatoses affecting the nail unit. This presentation would help dermatologists in dealing with a big clinical challenge in their daily clinical practice.

