



PSORIASIS

SEVERE NAIL PSORIASIS SUCCESSFULLY AND SAFELY TREATED WITH INTRALESIONAL METHOTREXATE INJECTION: A NEW OBSERVATION

M Ben Kahla⁽¹⁾ - S Mokni⁽²⁾ - K Ameer⁽¹⁾ - R Gammoudi⁽¹⁾ - L Boussofara⁽¹⁾ - A Aounallah⁽¹⁾ - N Ghariani⁽¹⁾ - C Belajouza⁽¹⁾ - M Denguezli⁽¹⁾ - B Sriha⁽³⁾ - R Nouira⁽¹⁾

Dermatology Department, Farhat Hached Hospital, Sousse, Tunisia⁽¹⁾ - Dermatology Department, Farhat Hached Hospital, Sousse, Tunisia⁽²⁾ - Pathology Department, Farhat Hached Hospital, Sousse, Tunisia⁽³⁾

Background: Nail psoriasis has a deep impact on quality of life, Furthermore, the therapeutic options are very limited, little efficient and have many side effects.

We present a new case of nail psoriasis successfully and safely treated with low-dose intralesional methotrexate.

Observation: We received a 48-year-old man with a six years history of stable localized plaque psoriasis. He complained since 1 year of a nail psoriasis confirmed by histology. High potency topical corticosteroids under occlusion were ineffective.

After patient consent we made injection of methotrexate (0.1 ml of a 5mg/2ml solution) into the proximal nail fold of the most affected nails. We repeated the injection one time per month during 3 months

A progressive improvement of the nail dystrophy was noted one month after the first session and became significant after the third session. The clinical improvement calculated by Nail Psoriasis Severity Index (NAPSI) was concomitant to quality of life improvement calculated by Dermatology life quality index (DLQI). His nail lesions resolved completely 3 months after the last session.

Key message: Few publications have been recently interested in intralesional injection of methotrexate in nail psoriasis: Variable protocols were used: They all have positive response but with multiple side effects like pain and hemorrhage

For our patient the nail involvement was present for several months without any spontaneous improvement. Almost total healing of affected nails was reached with tolerable pain and no clinical complications.

Conclusion: Intralesional Methotrexate injection could be a safe and efficient option for nail psoriasis. More studies will be interesting to confirm the efficiency observed and determine the best protocol, and the best indications.

