

## Visual Treats in Dermatology

# Rough nails with reticulate oral lesions

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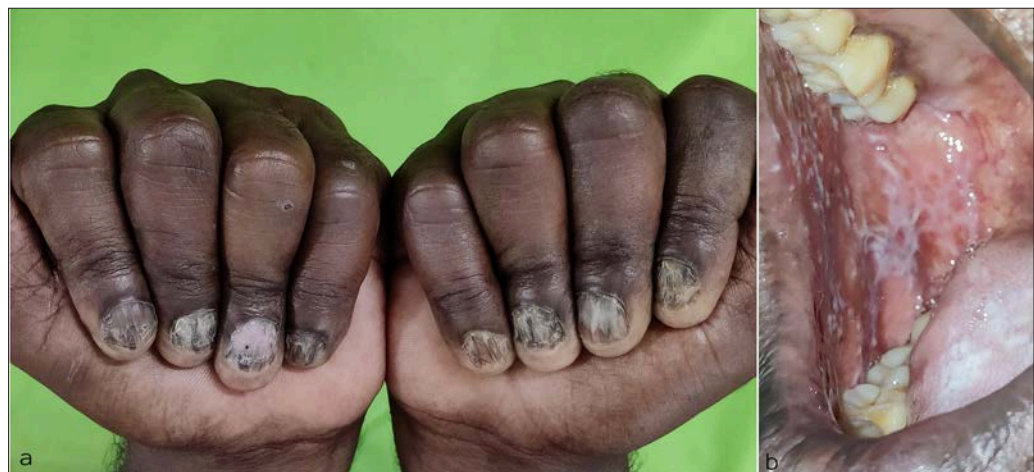
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A 35-year-old male patient presented with dystrophy of all 10 fingernails. The patient had brittle, thin nails with increased longitudinal ridging [Figure 1a] resulting in a rough, opaque appearance for 6 months. The patient had nontender, reticulate white lesions on his bilateral buccal mucosa [Figure 1b]. Based on the characteristic clinical appearance, we made a diagnosis of trachyonychia secondary to nail lichen planus (LP) with oral lichen planus. Trachyonychia is a disorder of the nail matrix seen in 10% of patients with nail LP. While nail LP is most often isolated in these patients, the most common type of LP associated with nail LP is oral LP.<sup>[1]</sup> Treatment is often challenging, and treatment options include topical clobetasol propionate, intramatrix triamcinolone, tazarotene gel, systemic retinoids, and cyclosporine.



**Figure 1:** (a) Brittle, thin nails with increased longitudinal ridging resulting in a rough, opaque appearance (b) Reticulate, white lesions over the buccal mucosa.

#### **Declaration of patient consent**

The authors certify that they have obtained all appropriate patient consent.

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Nil.

#### **Conflict of interest**

There are no conflicts of interest.

#### **REFERENCE**

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