

*Innovations*

## Novel non-invasive techniques for treating ingrown toenails

Muhammed Mukhtar

Department of Dermatology, Mukhtar Skin Centre, Katihar, Bihar, India.



**\*Corresponding author:**

Muhammed Mukhtar,  
Department of Dermatology,  
Mukhtar Skin Centre, KMCH  
Road, Katihar, Bihar, India.

[drmmukhtar20@gmail.com](mailto:drmmukhtar20@gmail.com)

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### PROBLEM

Ingrown toenails are a common issue that can be difficult to treat conservatively. A number of techniques have been used to isolate or splint the ingrown nails from their soft, macerated gutters, such as nail fold taping, polytube and chemical splinting, dental floss, nail packing, and nail braces.<sup>[1-5]</sup> These techniques are good and effective. However, here, we propose a few more novel techniques for isolating the ingrown nail from its gutter.

### SOLUTION

There are 3 novel, easy-to-do conservative techniques proposed: using a thread, a customized nail splint, and a nail jack. First, for the isolation of an ingrown nail with soft cotton thread, the lateral nail plate is pierced with towel clips. Following that, the few rounds of thread are passed with the help of a needle through the hole and below the nail plate, and they are tied with adhesive tape over the base of the great toe or, as a better option, [threads are cut and patched] on the nail plate with super glue [Figure 1]. Second, for lifting the nail plate, a customized beveled jack is made from the syringe barrel (5–10 mL), and it is inserted on the medial sides of the gutter under the distal part of the ingrown nail plate and fixed it with superglue for exerting outward and upward pressure on the distal part of lateral plate and followed up at weekly interval for the device in place [Figure 2]. Third, a customized curved beveled nail splint made from the syringe barrel is inserted in the gutter, keeping the beveled part up, to isolate the distal part of the ingrown nail from its gutter, and fix it in place with super glue [Figure 3]. Among above all three techniques, isolation of nail plate with thread is easy and better option. The patients should be followed up weekly for 4–8 weeks for touch-ups, if necessary.



**Figure 1:** A thread is used to isolate the ingrown nail from its gutter.

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**Figure 2:** A customized nail jack is made from a syringe barrel and fixed under the ingrown nail plate with glue.



**Figure 3:** A customized splint of a syringe barrel fixed in the nail gutter.

### Declaration of patient consent

Patient's consent not required as patients identity is not disclosed or compromised.

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Nil.

### Conflicts of interest

There are no conflicts of interest.

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