

Innovations

A simplified technique for the stability of digit dressing

Rashmi V Kumar¹ , Ravi Kumar Chittoria¹

¹Department of Plastic Surgery, Jawaharlal Institute of Postgraduate Medical Education and Research, Puducherry, India.



***Corresponding author:**

Ravi Kumar Chittoria,
Department of Plastic Surgery
and Telemedicine, Jawaharlal
Institute of Postgraduate
Medical Education and
Research, Puducherry, India.
drchittoria@yahoo.com

Received: 17 November 2024
Accepted: 07 December 2024
Published: 10 January 2025

DOI
10.25259/CSDM_195_2024

Quick Response Code:



PROBLEM

Traumatic injuries involving the fingertips or toe tips are among the most frequently encountered hand and foot emergencies.^[1] These injuries often necessitate stable dressings, regardless of whether they are managed conservatively or surgically.^[2] Dressing such wounds poses a particular challenge, especially in pediatric patients, as dressings can easily dislodge, leading to wound exposure and an increased risk of infection. It is essential that the dressing remains secure, protects the wound from external factors, and allows finger or toe mobility.^[3] This article introduces a modified version of the technique initially described by Mukhtar for managing fingertip injuries in the post-operative period.^[4]

SOLUTION

After the procedure is completed for fingertip, toe tip or nail injuries, a non-adherent dressing material measuring twice the length of the operated digit, is placed over a layer of absorbent



Figure 1: A non-adherent dressing material is placed over a layer of absorbent gauze. V-shaped cuts are made on opposite sides, facing laterally away from one another. A gauze strip is threaded through one end of the dressing.

This is an open-access article distributed under the terms of the Creative Commons Attribution-Non Commercial-Share Alike 4.0 License, which allows others to remix, transform, and build upon the work non-commercially, as long as the author is credited and the new creations are licensed under the identical terms.

©2025 Published by Scientific Scholar on behalf of CosmoDerma

gauze. The dressing is then modified by making V-shaped cuts on opposite sides, facing laterally away from one another. A gauze strip is threaded through one end of the dressing, which is placed beneath the affected finger or toe [Figure 1]. The other end is folded over the tip to cover the treated area [Figure 2]. The gauze strip is then secured circumferentially at the base of the finger or toe, ensuring the distal end of the dressing is held firmly in place. The knot is tied just tightly enough to keep the gauze securely in place on both sides [Figure 3]. The inner layer prevents the wound from adhering to the gauze, while the outer layer absorbs any wound discharge. Negative pressure wound therapy can also be applied to further secure the dressing and prevent exudate



Figure 2: One end is placed below the digit.



Figure 3: The string is secured at the base including the distal end.

accumulation. This modified dressing technique ensures the dressing remains in position while providing multiple layers to aid in wound healing and absorb exudates effectively.

Authors' contributions

RVK: Preparation of the manuscript, collection of data, interpretation of data. RKC: Critical review.

Ethical approval

The Institutional Review Board approval is not required.

Declaration of patient consent

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

Financial support and sponsorship

Nil.

Conflicts of interest

There are no conflicts of interest.

Use of artificial intelligence (AI)-assisted technology for manuscript preparation

The authors confirm that there was no use of artificial intelligence (AI)-assisted technology for assisting in the writing or editing of the manuscript and no images were manipulated using AI.

REFERENCES

1. Ramirez EG, Hoyt KS. Management of hand injuries: Part II. *Adv Emerg Nurs J* 2016;38:266-78.
2. Khunger N, Kandhari R. Ingrown toenails. *Indian J Dermatol Venereol Leprol* 2012;78:279-89.
3. Gaurav V, Mondal A, Grover C, Gupta S. Y-shaped anchor for nail dressing stability. *J Am Acad Dermatol* 2024;90:e159-61.
4. Mukhtar M. Surgical pearl: The "dumbbell" technique: An attempt to simplify nail dressing. *J Cutan Aesthetic Surg* 2024;17:337-9.

How to cite this article: Kumar R, Chittoria RK. A simplified technique for the stability of digit dressing. *CosmoDerma*. 2025;5:8. doi: 10.25259/CSDM_195_2024