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Therapeutic Pearl: A Novel Taping Method for Paronychia Management

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Abstract

Ingrown toenails and paronychia are common yet challenging conditions to treat effectively. Current treatment options, such as taping, gutter treatment and surgery, often have limitations, particularly for patients with recurrent or multiple affected areas. The incidence of paronychia has risen in certain populations, such as cancer patients undergoing targeted therapies, highlighting the need for more patient-friendly and effective interventions. Traditional taping methods often constrict the toe and fail to provide sufficient tension relief. We propose a novel taping method that addresses these limitations by improving circulation and alleviating discomfort, offering a simple and effective solution for paronychia management.

Keywords: General Dermatology; Medical Dermatology; Ingrown Nail; Paronychia; Nail Taping

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Ingrown toenails and paronychia are common and challenging to treat. It can significantly affect a patient's quality of life. The incidence of ingrown toenails or pyogenic granulomas has increased, particularly among patients undergoing targeted therapy for cancer treatment [1]. Various methods have been employed to address this condition, including taping, gutter treatment and surgery [2]. Traditional taping techniques involve attaching one end of the tape to the nail fold beside the offending nail edge, then pulling it taut and wrapping it around the toe. This method, however, often constricts the toe and does not provide sufficient tension relief. Patients with multiple affected toes, such as those with multiple paronychias, face additional difficulties in using conventional methods. This highlights the need for a more effective and patient-friendly approach.

We propose a novel taping method that patients, especially those with multiple paronychias, can perform independently to relieve tension and improve circulation of the toe. This method aims to address the shortcomings of conventional taping by providing greater tension relief without constricting the toe. An elastic tape is trimmed to match the width of the nail fold (1-2 cm). The tape is then partially cut in-half lengthwise without completely splitting it (Fig. 1). Place one end of the tape along the nail fold, pulling the skin downward to release the nail. Stretch the tape and wrap it obliquely around the toe at a slanted angle, ensuring the tape maintains the lift of the nail away from the fold and secures without constricting the toe (Fig. 2). The two resulting strips of tape are then secured on the toe, avoiding taping any hair on the toe. Pain is usually relieved immediately. This novel taping method offers a simple and patient-friendly approach to managing paronychia, ensuring better outcomes and improved patient compliance.

In conclusion, ingrown toenails and paronychia are common conditions that can significantly affect daily life if not managed effectively. Traditional methods, while helpful, often have drawbacks that limit their utility for many patients. The novel taping

method described here offers a significant advancement in the non-invasive management of paronychia. By addressing the limitations of conventional techniques, this approach provides effective tension relief, enhances comfort and empowers patients to manage their condition independently. Further research and clinical validation can help establish this method as a standard practice in paronychia care, offering relief and improved outcomes for a wide range of patients.

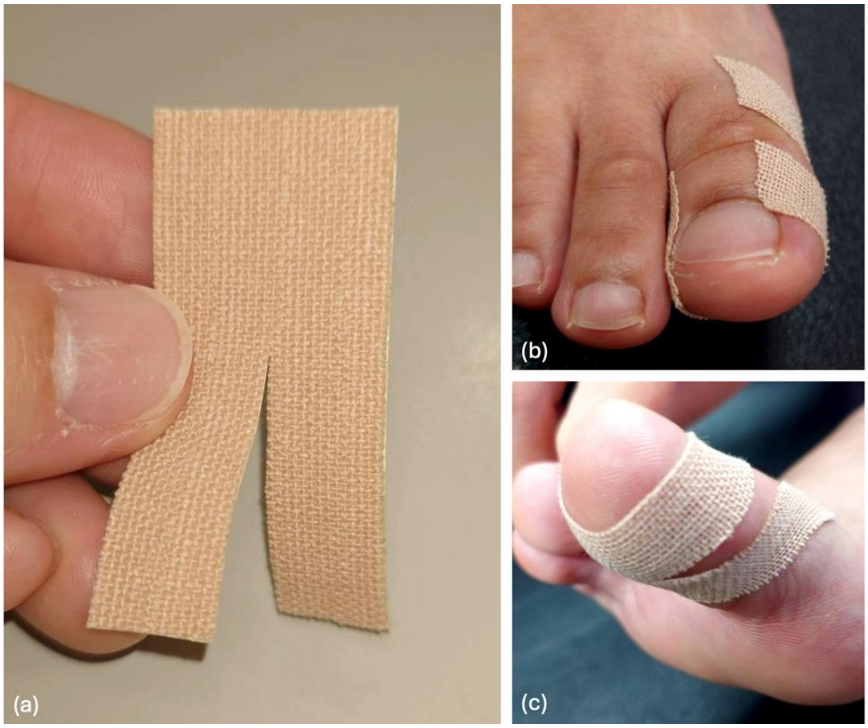

Figure 1: (a) The tape is partially cut in-half lengthwise into two strips (b, c) One end of the tape is placed along the nail fold and the other end, consisting of the two strips, is attached to the toe.

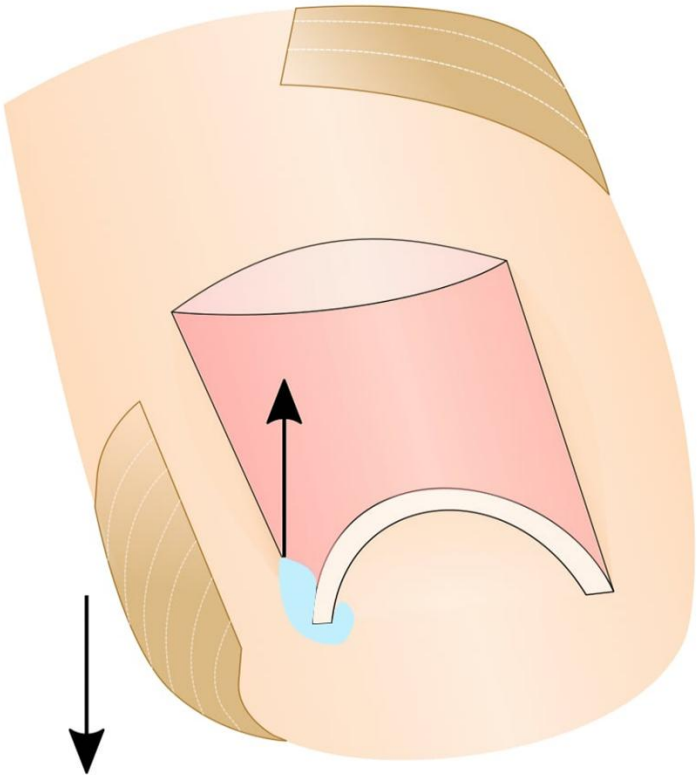

Figure 2: Demonstration that the toenail was released from the nail fold after placing the tape.

Conflicts of Interest
Authors declare no conflict of interest.

Authors' Contributions
All authors have contributed equally to this work and have reviewed and approved the final manuscript for publication.

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Informed Consent Statement
Informed consent was obtained from the participant involved in this study.

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Not applicable.

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