

A Guide for Patients and Families

Care of Dystrophic Nails



What is Dystrophic Nail?

Dystrophic nails are toenails that are deformed, thickened and/or discoloured.



They can appear in the following ways:



**Thickened
nails**



**Discoloured
nails**



**Mis-shaped
nails**



**Brittle
nails**

What causes Dystrophic Nail?

1



Using of certain drugs or substance dependence

2



Prolonged use of chemicals over the nails. (e.g. nail varnish)

3



Poor nail care and trimming techniques

4



Trauma to the toenail(s). This can cause poor nail growth or formation

5



Fungal nail infection



*Refer to our pamphlet on
"Fungal nail infection"
for more details.*

6



Other medical conditions such as thyroid, heart, lung and liver diseases; skin conditions such as psoriasis; micronutrient deficiencies like iron deficiency anaemia

Dystrophic Nails:

You can self-treat thickened toenails by regular filing. If you experience difficulty trimming or managing your thickened nails, consider seeking timely treatment from the podiatrists or trained health care professionals.



What can I do?



Regular trimming and filing of your nails



Wear good fitting shoes with broad and deep toe box



Apply medication as prescribed



Keep foot clean and dry

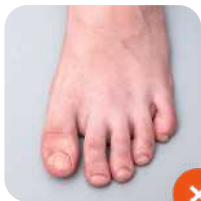
You can prevent the recurrence by the following measures:



Do not cut your nails down the edges



Do not attempt to dig and clean under your nails with sharp instruments



Do not pick or peel your nails

What are the treatments?

- ◆ Treat the underlying cause (medical condition, fungal infection, ill-fitting footwear) until new healthy nail is formed
- ◆ Regular debulking and thinning of the nail which can be achieved by regularly filing by yourself or trained healthcare providers.

When should I seek medical treatment?

▶ If the dystrophic nail causes pain or shows signs of redness, warmth, swelling or pus discharge, you should seek medical attention immediately.



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