

Hangnail: A simple solution to a common problem



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CLINICAL CHALLENGE

Hangnails are common, recurrent, and discomforting and have an unknown aetiology often exacerbated by wetting and the winter season.¹ Conventionally, soaking the involved hand in lukewarm water, trimming the hangnail straight, and application of topical emollients and antibiotics are advised as treatment.² Unfortunately, all these treatment modalities are not satisfactory.

SOLUTION

For severe, multiple, or recurrent hangnails (Figs 1 and 2), we suggest the use of cyanoacrylate glue (surgical glue) on the affected finger. After cleaning the area, the distal jagged portion of the hangnail is trimmed with fine scissor and a small drop of glue is applied and allowed to dry. This glue sticks the torn portion of the skin to the nail fold, thereby preventing further extension of the tear into the dermis. This also enables the patient to perform daily activities without any discomfort. After healing, the jagged portion tends to fall off automatically. We have tried this method in many such patients with good results, and we have seen a high level of patient satisfaction without any untoward effects.

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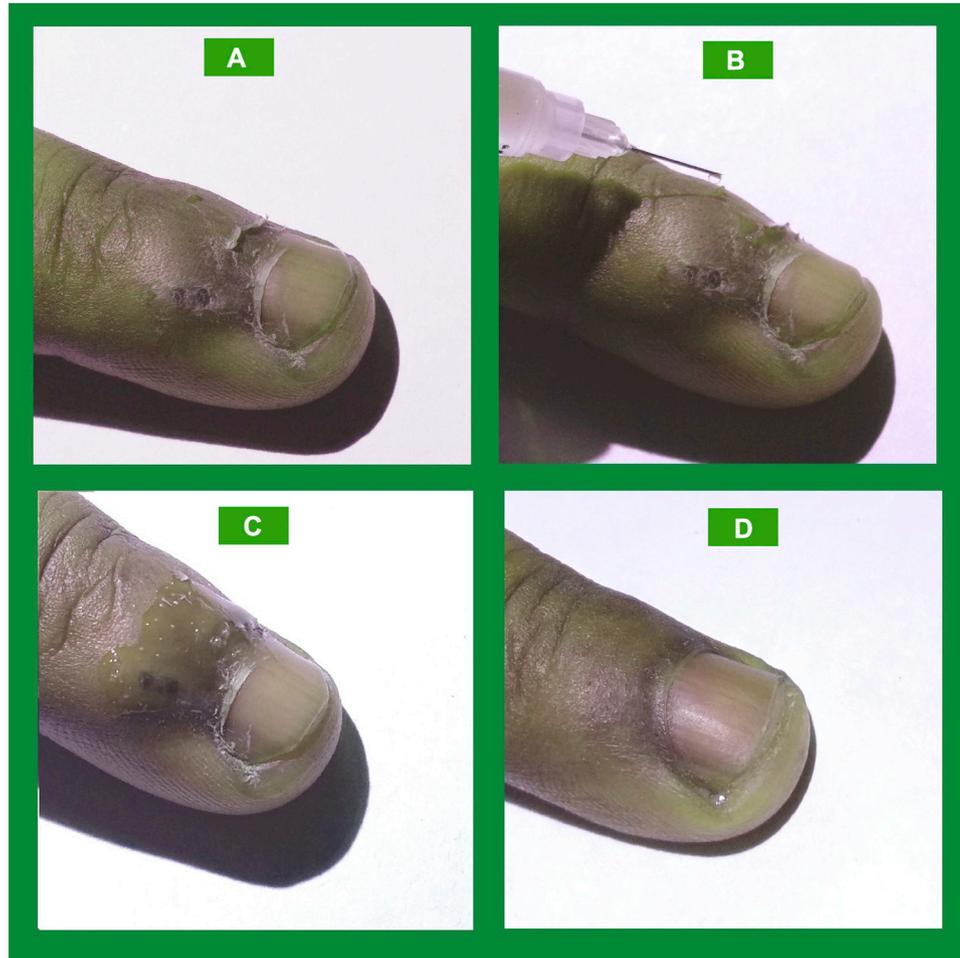


Fig 1. Treatment of hangnail in patient 1. **A**, Hangnail. **B**, Surgical glue applied over hangnail. **C**, Jagged portion of hangnail fixed after application. **D**, Complete healing after hangnail falls off.

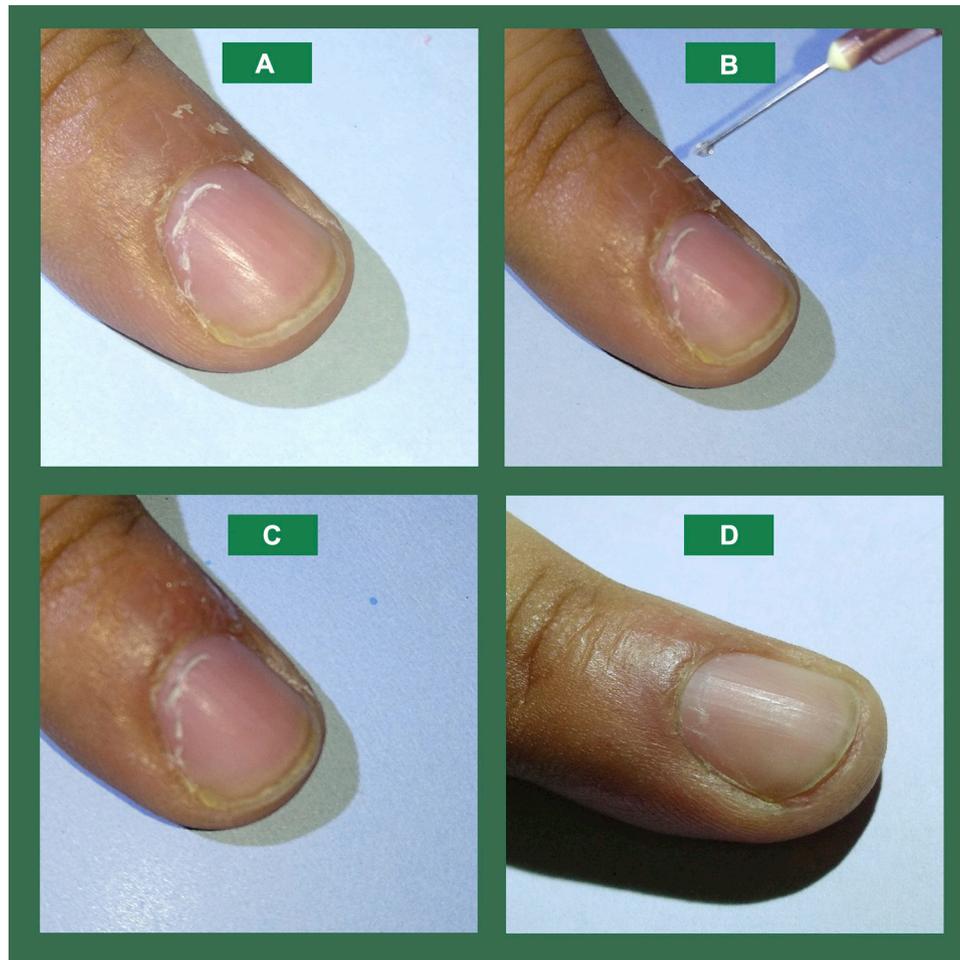


Fig 2. Treatment of hangnail in patient 2. **A**, Hangnail. **B**, Surgical glue applied over hangnail. **C**, Jagged portion of hangnail fixed after application. **D**, Complete healing after hangnail falls off.

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