**12TH OCTOBER 2015 Que 4**

**WRITE SHORT NOTES ON:**

**1. DORSAL WRIST GANGLION**

**2. INGROWN TOE NAIL**

1. **DORSAL WRIST GANGLION**

Ganglion cysts are noncancerous lumps that commonly develop along the tendons or joints of your wrists or hands. Ganglion cysts are typically round or oval and are filled with a jellylike fluid.

**Epidemiology**: Mainly affects young people (age 15-40years) more in women than men, gymnasts

**Most common site**: back of the hand (dorsal surface of the scapho-lunate ligament/ scaphalotrapezoid-trapezoid joint). More prominent when the wrist is flexed

**Cause**: leakage of synovial fluid from a joint/tendon sheath and contains viscous fluid due to unknown reasons

**Clinical features**: occurs mainly in young adults, painless lump (cystic, non-tender and can be transilluminated), slight ache, occasional weakness, doesn’t move with tendons

**Treatment**

* Unnecessary if asymptomatic
* Aspiration of the fluid and injection of steroids that acts as an anti-inflammatory agent
* Surgical excision if causing nerve compression/cosmetic purposes

**2. INGROWN TOE NAILS**

Also known as Onychocryptosis. Ingrown toenails is a condition in which the corner or side of the toenail grows/burrows into the nail groove leading to ulceration and its wall grows over the nail. Ingrown toenails usually affect your big toe. Mainly affects teenagers.

**Etiology: congenital/acquired**

Congenital: natural shape of the nails

Acquired: badly cut nails (too short/cutting the edges), Trauma, wearing tight foot wear (shoes/stockings/tights), sweaty feet

 **Presentation**: pain, redness, swelling and, sometimes, pus, bleeding, overgrowth of skin around the affected toe.

**Treatment**

1. **Supportive management**
* Patient education on how to trim the nails into a square rather than a round shape
* Keep feet clean and dry
* Inserting pledgets of wool under the ingrowing toes
* Wearing well-fitting shoes
* Analgesics-paracetamol/ibuprofen
* Soaking the feet in warm water 3-4 times daily
1. **Definitive management**
* Oral antibiotics to clear any infection
* Ablation of the germinal matrix of the nail that causes ingrowth of nails

 -Chemical ablation: apply phenol to the exposed matrix with a cotton bud for 3 minutes and wash off with alcohol

 - Operative ablation: removing the nail (partial/complete nail avulsion)