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Do Not Hurt the Nail Matrix: Safe Technique for Proximal Nail Fold Incision

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Dear Editor,

For a better view of the nail matrix during nail surgery, the proximal nail fold (PNF) must be incised and recliné. Two oblique incisions at 45° at the junction of the proximal and lateral nail fold are performed [1, 2]. As the nail matrix is just below the PNF, there is a considerable risk of hurting the matrix, and consequently nail dystrophy [1]. How to avoid this risk when both incisions are performed?

The detachment of PNF from the nail plate is performed creating a space between them (Fig. 1a). The blade is placed horizontally into this space (Fig. 1b, c). By a rotation movement, the sharp blade portion is placed upward on the ventral portion of the PNF, while the dorsal part of the blade (not sharp) touches the nail plate and nail matrix (Fig. 2). Then, the incision is performed from the ventral to the dorsal part of the PNF, without any risk for the nail matrix.

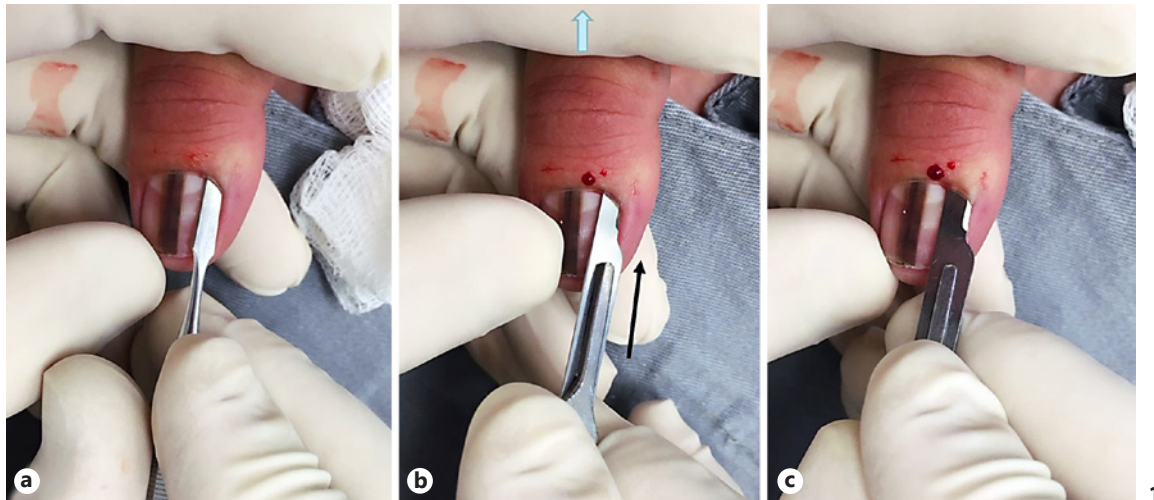
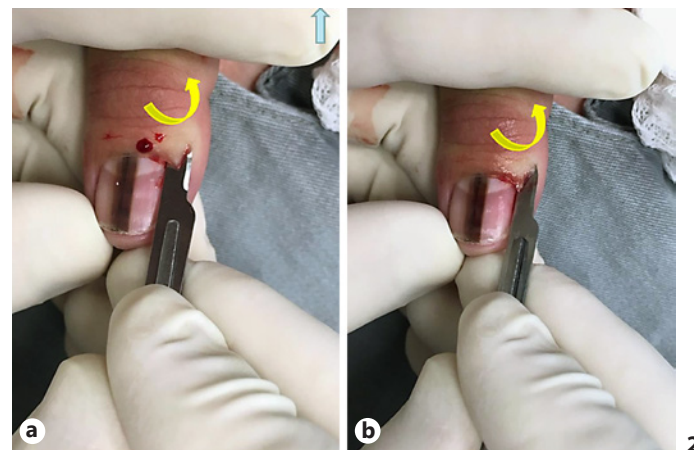


Fig. 1. **a** Detachment of the proximal nail fold (PNF) from the nail plate with a spatula. **b, c** The scalpel blade is horizontally introduced into the space.

Fig. 2. **a** Performance of a rotation movement. **b** The scalpel blade makes the incision from the ventral to the dorsal portion of the PNF.



Statement of Ethics

The authors have no ethical conflicts to disclose.

Disclosure Statement

The authors have no conflicts of interest to declare.

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