趾甲內生症
（嵌甲）

查詢或預約，歡迎聯絡我們

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辦公時間
星期一至星期五：上午十時至下午六時
星期六：上午十一時至下午三時
星期日及公眾假期休息

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甚麼是趾甲內生症（嵌甲）？

正常趾甲兩旁有一甲溝將皮膚及軟組織分開。趾甲內生症（嵌甲）是指趾甲旁軟組織擠到趾甲上。趾甲不斷生長，有可能會慢慢嵌入和破壞軟組織，引致細菌感染。

嵌甲多發生於大拇指。造成趾甲內生的原因很多，如把趾甲修剪過短，剪去過多甲邊和甲角，或穿著鞋頭過窄的鞋也是原因之一。

治療方法

如感染不嚴重，需服用抗生素及清洗患處。情況受控後，需細心修剪趾甲，適當保留甲側趾角，讓其生於甲旁軟組織上，問題方可解決。若情況嚴重或感染持續，除需服用抗生素外，亦要以手術治療。

手術簡介

部份趾甲切除術

一般用局部麻醉

切除患處肥厚皮膚及肉芽組織

在趾甲面作一縱切口

切除患處部份趾甲及甲床

術後須經常清洗傷口直至痊癒

預防方法

切勿剪去太多趾甲

適當保留趾甲兩側甲角

避免穿過緊或鞋頭過窄的鞋，以鞋頭寬大不擠壓腳趾者為佳

手術併發症

流血過多：患者需於術後平臥十五至三十分鐘以避免傷口流血過多

嵌甲復發
Ingrown Toenail

For enquiries and appointments, please contact us at:

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Service Hours
Monday to Friday: 10:00 am – 6:00 pm
Saturday: 11:00 am – 3:00 pm
Closed on Sundays and Public Holidays

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What Is Ingrown Toenail?

In normal toes, there is a small gap between nail edge and skin. Ingrown toenail means the adjacent skin and soft tissue get above the nail plate. As the nail grows, the nail plate grows into the soft tissue, causing damage and leading to bacterial infection.

Ingrown toenail commonly occurs in big toes. The causes are varied. Many people like to cut their nails short to avoid tearing the socks. Once too much of the nail edge and nail corners are removed, the skin and soft tissue next to the nail will get above the nail plate. Wearing shoes with narrow toe boxes is another common contributing factor.

Prevention

Do not cut the nails too short
Do not remove too much of the nail corners
Avoid wearing shoes with narrow toe boxes

Treatment

If the infection is not serious, it is treated with antibiotics and the wound is cleaned. Once the infection is controlled, the nail should be allowed to grow out of the soft tissue. If the infection is serious or persistent, in addition to taking antibiotics, surgery is necessary.

The Operation

Wedge Excision of the Nail:

- Is usually done under local anaesthesia
- Removes the swollen and inflamed tissue
- Makes an oblique incision at the base of the nail
- Removes part of the nail plate and nail bed
- Requires continuous dressing of the wound until it heals

Possible Complications

Excessive bleeding: To avoid excessive bleeding from the wound, lie flat for 15 to 30 minutes after the operation
Recurrence of the ingrown toenail