

## **Onychogryphosis (Thickened Nail)**

### **What is it**

Is thickening of the nail/s that may produce them to resemble a "rams' horn". Yellowish brownish discolouration can occur also.

### **Why did I get it?**

- Trauma: from direct impact, e.g. dropping an object on the nail, or repetitive trauma/pressure, e.g. tight fitting shoes
- Secondary to a fungal infection in the nail
- Vascular disease
- Neglect- not cutting toenails for a long period of time



### **Symptoms:**

The nail is thickened, possibly yellowish/brownish discolouration to the nail which in some cases can resemble a fungal nail. It is very difficult to cut and can be painful on downward pressure

### **How is it diagnosed?**

Physical Examination and possible nail sample to be sent to rule out fungal infection.

### **Possible treatments:**

You podiatrist can cut the nail and decrease the thickness of the effected nail/s, attempt to remove/correct the causative factor. Occasionally the damage to the nail is permanent and regular podiatric care is the best alternative.