ONYCHOCOLOGY AND TRICHOLOGY
Nail diseases Part II: Medical
Dra. Lourdes Navarro
Onychoscopia

• Vehicles: none, gel, alcohol
• Pre-op or intra-operative
• Longitudinal melanonychia
  • Children: variable pattern
  • Benign lesions can have irregular patterns
  • MM: dark background, lines difficult to see
Onychomycosis: non-systemic treatments

- Laser
  - NdYAG, Dual Diode, Fractional CO2
  - True efficacy?
- Photodynamic therapy: MB, MAL, ALA
- Plasma device
- Iontophoresis with terbinafine or cyclopiroxolamine (4-5 days/week)
- Avulsion + topical
Nail psoriasis

• A challenge, understanding immunology and nail anatomy

• Topical treatment news
  • Iontophoresis with dexamethasone – good results
  • Topical apremilast – few cases, promising
  • Laser IPL – more studies needed

• Systemic treatment news
  • Apremilast - improvement
  • Adalimumab – good results (in the context of generalized psoriasis)
  • New biologics in the pipeline

• Rule out co-occurrent onychomycosis

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