

以電燒甲床生長基質之方法治療趾甲內生－130 位案例的  
分析研究

**Treatment of Ingrown Toenails by  
Electrocautery Matricectomy-Experiences of  
130 Cases**

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摘要

趾甲內生是一個很常見的問題，它的成因包括了不適當的修剪、多汗症、黴菌感染以及鞋子不合腳。病患常因患趾出現疼痛合併有分泌物產生，感染而導致行走困難。理想的手術治療方法應包含患側趾甲的移除以減緩症狀，並且清除甲床生長基質以避免復發。在過去六年以來，總共有 130 個病例以電燒灼術來治療趾甲內生。以問卷方式來取得復發率、嚴重度、術後疼痛時間的長短以及其他相關因素。電燒灼術的主要好處包括：(1)手術方法很簡單；(2)很快可以正常穿鞋子活動；(3)復發率低；(4)術後疼痛程度很輕微；(5)術後疼痛時間很短。這些研究分析結果顯示以電燒甲床生長基質之方法來治療趾甲內生是簡單又有效的，在我們的研究中復發率只有 2.3%。

**Abstract**

Ingrown toenail is a common problem resulting from various etiologies including improperly trimmed nails, hyperhidrosis, infection and poorly fitting shoes. Patients commonly present with wound infection and purulent drainage in the affected nail groove associated with severe pain and thereby difficult in walking. The ideal management for ingrown toenails should include removal of the "fishhook" nail to allow for relief of symptoms and the destruction of related part of germinal matrix of nail bed to prevent recurrence of the nail spikes. To investigate the outcome of using the method of electrocautery matricectomy to treat ingrown toenails, a retrospective study was launched including 130 cases in the past six years (from Jan 1999 to Dec 2004). The follow-up clinical examinations and the questionnaire survey regarding the recurrence rate, the severity of symptoms, the duration of postoperative pain and the other relevant factors were recorded and analyzed. The advantages of this method used for

treatment of ingrown toenails include: (1) the surgical procedure is simple; (2) the normal foot-wearing time is earlier; (3) the recurrence rate is low; (4) the severity of postoperative pain is decreased; and (5) the duration of postoperative pain is short. The results concluded that the electrocautery matrixectomy is an effective method for treatment of ingrown toenails, only 2.3% recurrence rate in our series.