

PLASTIC SURGERY

SUBUNGAL HAEMATOMA

This is common after injury to the fingers or toes and results in pain owing to increased pressure under the nail bed from bleeding.

Symptoms

- 1) Intense pain
(due to the pressure generated from the blood accumulated)
- 2) Tenderness
- 3) Discolouration, typically red or maroon under the nail



Aetiology

- 1) Crush injury (most commonly)
- 2) Stubbing your toe
- 3) Ill-fitting footwear

Management

- 1) Assess neurovascular status of the digit
- 2) Assess ROM
- 3) Elevate the digit
- 4) Consider radiograph (looking for #, dislocation, foreign bodies)
- 5) Consider a nerve block for pain relief
- 6) To alleviate the pressure and reduce the pain: trephination may be performed



Important differential diagnosis

Subungual melanoma, a relatively uncommon presentation but one not to be missed.