

Title: Novel assessment of ingrown toenails treated by excision of the skinfold rather than toenail (NAILTEST): a prospective cohort study of the Vandenbos procedure in children and adolescents

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Ingrown toenail are common among adolescents and young adults. Many treatments have been proposed for this condition but most people with ingrown toenail eventually need surgery. The objectives of this ongoing study are twofold: 1) to evaluate the effectiveness of an alternative technique called the Vandenbos procedure and 2) to investigate the participant's self-perceived quality of life (QoL), complications, recovery time and satisfaction at pre-established follow ups assessments. The Euro-QoL (5 items scale and Visual Analog Scale) was used to assess the QoL of participants. Partial results from 31 participants suggests significant improvements in QoL using both the likert QoL scale $p < .005$ and the VAS $p < .002$, after surgery. Further results, indicated that the level of complication significantly decreased over time $p < 0.37$ and that both participants and parents were similarly satisfied with surgery and surgical results. Finally, The recovery time until return to normal activities (school) showed a statistically significant lower median compared to the recovery time until wearing regular shoes $z = -4.017$, $p < .001$. No recurrence has been recorded since the study started. These results suggest that the Vandenbos procedure seems to be effective in improving the quality of life of children and adolescents with ingrown toenail with minimal complications and no recurrence.