

# Journal of Dermatology Forecast

## Habit Tic Deformity

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### Clinical Image

#### Habit Tic Deformity

A 14 years old boy was brought to the OPD by her mother with complaints of multiple asymptomatic linear depressions in both thumb nails. The mother had noticed him manipulating his proximal nail fold where he tried to push it back with his other nail. The child was however unaware of this behavior. Examination of the both the thumb nails revealed multiple transverse median depressions with ragged cuticle. There was no nail plate thickening/dyscoloration, onycholysis or periungual inflammation (Figure 1).

#### Diagnosis: Habit Tic Deformity

Habit tic deformity is a nail tic disorder resulting from repeated external trauma to the nail matrix which leads to nail plate changes, commonly seen in thumb nails. Patients usually give history of manipulating proximal nail fold and cuticle in unconscious manner. It presents with multiple transverse median depressions, parallel to each other. Median canaliform dystrophy is a close differential diagnosis that presents with a midline splitting of nail with oblique ridging, in a characteristic fir-tree like appearance. Treatment requires proper counseling to put an end to the external trauma which can be done with the application of tape or cyanoacrylate adhesive glue to the nail fold. In recalcitrant cases, serotonin reuptake inhibitors may be used, due to its close association with obsessive compulsive disorder.



Figure 1:

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