

Habit-Tic Deformity

What is habit-tic deformity?

A habit-tic deformity is a common nail problem, usually of the thumb, caused by repeated picking or rubbing at the base of a nail. It can cause horizontal grooves, ridges, or a split down the middle of the nail.



How can I treat it?

Placing a small dot bandage over the base of the nail helps break the habit of picking and allows the nail to grow out normally.

How to use the dot bandage technique

- Wash hands and make sure the nail is clean and dry.
- Place a small circular bandage across the base of the nail, making sure to cover the cuticle (nail fold).
- Change to a fresh bandage every day or two as needed.
- The nail may take 3–6 months to grow out normally, so be patient.

