

In Dermatology

Ainhum

Ainhum is a condition that refers to the auto-amputation of a digit, usually the 5th toe. It is also known as dactyloptosis spontanea.

Ainhum occurs due to a fibrotic band which encircles a digit and constricts it, gradually causing the auto-amputation.

Diagnosis of ainhum is based upon the following three features:

- Soft tissue constriction
- Enlargement of the affected digit
- Thinning of phalangeal bones

Treatment for ainhum may include:

- Topical steroid or intralesional corticosteroids, topical retinoids or salicylates for early stages
- Z-plasty, a surgical procedure to ease constriction of early-stage fibrotic bands
- Amputation for late stage ainhum

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