

## Supplemental materials for:

Tsunoda M, Tsunoda K. Patient-controlled taping for the treatment of ingrown toenails. *Ann Fam Med*. 2014;12(6):553-555.

## **Appendix**

### **Instructions for Patients on Self-Taping Treatment of Ingrown Toenails**

Cut a 3–4-cm length of 2.5-cm wide mesh elastic adhesive tape. Place one end of the tape along the top of the lateral nail fold on the affected side and tuck it slightly inside the nail fold toward the nail. Carefully and gradually attach the tape along the upper nail fold (Appendix Figure a, b). Then, pull the nail fold gently outward to make an insulated space between the side of the nail and nail fold and attach the tape to the side of the big toe (Appendix Figure c, e). Finally, fix the other end of the tape (without pulling) to the toe pad without stretching the tape. As shown in Appendix Figure d, the mesh tape should be firmly stretched over a length of less than 1 cm from the nail fold to the side of the toe but not cover the area from the side of the toe to the toe pad. An important point in this procedure which should be emphasized is that the index finger is held firmly on the toe pad to stretch the tape, with the thumb used as a fulcrum to pinch the tape while sliding over the toe pad. The thumb and index finger of the opposite hand hold both sides of the other end of the tape (Appendix Figure e).



Appendix  
Fig. a



Appendix  
Fig. b



Appendix  
Fig. c



Appendix  
Fig. d



Appendix  
Fig. e

Fig. 2 Representative examples before and after treatment with the new taping method.

