An Unusual Deformity Follow Thumb Sucking; A Letter to Editor

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DEAR EDITOR

Finger sucking habits are described as the most prevalent of oral habits, with an incidence ranging from 13%-100% at infancy [1, 2].

An 8-year-old girl accompanied by her mother referred to a psychiatrist for treatment of thumb sucking. This adaptive behavior last nearly 4 hours/every day. The patient was very anxious and separation anxiety disorder was reported. About familial history, all her aunt and uncles and mother were Obsessive-compulsive disorder patients. Her father was a patient with generalized anxiety disorder. She had a decline about academic function, insomnia, fear, anxiety. In finger examination, there was a deformity as bilateral and non-symmetrical as folded and cavity about both nails with right thumb dominancy (Fig 1 and Fig 2). She hadn’t enuresis, jaw problems but teeth were deformed.

The psychiatrist prescribed Tablet Fluvoxamine 50 mg/daily and Tablet Risperidone 1 mg/Hs and explained behavioral techniques for mother for decrease of tension and anxiety. Six months after treatment, she hadn’t thumb sucking and 3 months after full recovery the nails were normal.

Learning Points: Always consider psychological problems in finger deformities in children. Always consider dentistry problems in children with finger sucking. Contribution of dermatologists, dentists, pediatric specialists and psychiatrists in this field is necessary.

CONFLICTS OF INTEREST

None declared
REFERENCES
