

Fact Sheet

Ingrown Toenails

What is an Ingrown Toenail?

An ingrown toenail occurs when the edge of the nail, usually on the big toe, grows into the skin adjacent to it.

An ingrown toenail is a painful foot condition as a sharp corner of the toenail digs into the flesh and can result in swelling around the affected nail, redness, pus or even an abscess.



Ingrown toenail

Ingrown toenails are the most common treated nail condition in our practice.

Causes

Some causes include:

- Poor nail cutting technique
- Poor fitting footwear
- Involuted/Incurvated nails
- Genetic
- Flat feet
- Corns and Calluses
- Chubby toes
- Toe injury/trauma

Treatment

The best way to treat ingrown toenails is to visit your podiatrist. This will ensure the nail spike is removed correctly and allow for a new healthy nail to grow out.

For patients who suffer from chronic or re-occurring toenail problems, there is a nail procedure that can be performed by your podiatrist to permanently remove the affected nail. The surgery is relatively simple and has a considerably high success rate in curing chronic ingrown toenail problems.



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Podiatry

ALWAYS CONSULT A TRAINED PROFESSIONAL

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