

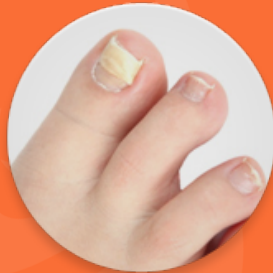
# We Can Help You With



HIGH-ARCHED FEET



DIABETIC FOOT CARE



TOENAIL  
CONDITIONS



WOMEN'S  
FOOT CARE



ACHILLES



CUSTOM  
ORTHOTICS & BRACES



FOOT & ANKLE PAIN



CHILDREN'S  
FOOT CARE

## SERVICES

- BUNIONS
- DIABETIC FOOT CARE
- FLAT FEET
- HAMMERTOES
- HEEL PAIN
- FOOT & ANKLE PAIN
- SENIOR FOOT CARE
- TOENAIL CONDITIONS
- BONE SPURS
- CHILDREN'S FOOT CARE

DO YOU SUFFER FROM

# INGROWN TOENAILS?

STAGES, TREATMENTS & MYTHS

757-934-0768

[WWW.1FOOT2FOOT.COM](http://WWW.1FOOT2FOOT.COM)



# INGROWN TOENAILS

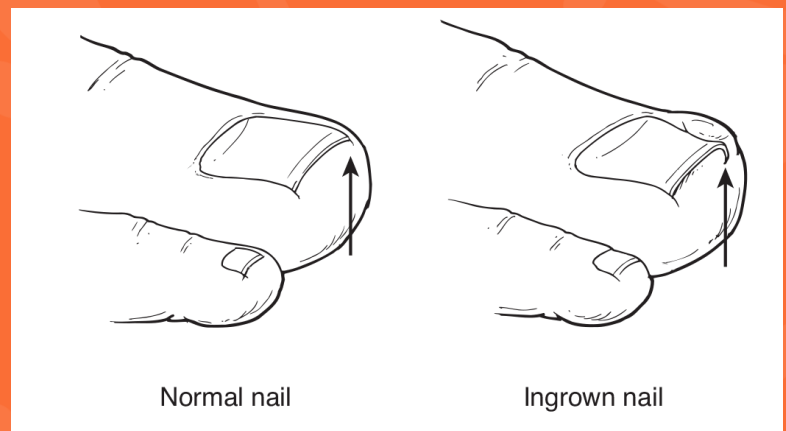
What is it and What Causes It?

## What is an Ingrown Toenail?

When a toenail is ingrown, the nail is curved downward and grows into the skin, usually at the nail borders (the sides of the nail). This “digging in” of the nail irritates the skin, often creating pain, redness, swelling, and warmth in the toe. If an ingrown nail causes a break in the skin, bacteria may enter and cause an infection in the area, which is often marked by drainage and a foul odor. However, even if your toe isn’t painful, red, swollen, or warm, a nail that curves downward into the skin can progress to an infection.

## What Causes an Ingrown Toenail?

Ingrown toenails can develop for various reasons. In many people, the tendency to have this common disorder is inherited. In other cases, an ingrown toenail is the result of trauma, such as stubbing your toe, having an object fall on your toe, or engaging in activities that involve repeated pressure on the toes, such as kicking or running.



The most common cause of ingrown toenails is improper trimming. Cutting your nails too short encourages the skin next to the nail to fold over the nail. Another cause of ingrown toenails is wearing shoes that are tight or short. Certain nail conditions are often associated with ingrown toenails. For example, if you have had a toenail fungal infection or if you have lost a nail through trauma, you are at greater risk for developing an ingrown toenail.

# STAGES OF INGROWN TOENAILS

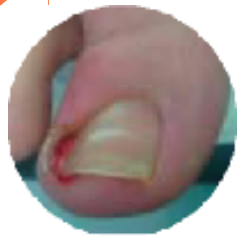
Mild, Moderate and Severe



## Stage One

Mild Ingrown Toenails are a common toenail condition that affects about 58% of the population.

Symptoms Include: Skin redness, mild swelling and pain (especially when pressure is applied to the left or right side of the nail) with no pus or drainage.



## Stage Two

Moderate Ingrown Toenails are caused from bacteria that infects the ingrown area of the toenail.

Symptoms Include: Increased redness of the skin, swelling and pain which may be associated with white or yellow colored pus or drainage from the area. Thickening of the nail and separation of the nail plate from the nail becomes apparent.



## Stage Three

Severe Ingrown Toenails often require surgical remedies that result in zero recurrence rates with patients.

Symptoms Include: Further increase in redness, swelling and pain with formulation of extra tissue which can add to pus formation and more significant infection.

# TREATMENT OF INGROWN TOENAILS NON-SURGICAL AND SURGICAL OPTIONS

Not all Bunions Require Surgery.  
Here are six treatments that don't require surgery.

Our 1Foot 2Foot Specialist have performed 1000's of successful toenail procedures and do not recommend going to an Urgent Care or Emergency Room for treatment because they often do not have the specialized instruments and experience to make toenail surgery virtually painless and permanent. Schedule an appointment today!

## TYPES OF TREATMENTS

### HOME TREATMENTS

Home treatments can be useful if there is no sign of infection. You can soak your foot in room-temperature water with Epsom salts and gently massage the side of the nail fold to reduce inflammation.

### SURGERY

A simple procedure, often performed in the office, is commonly needed to ease the pain and remove the offending nail. Surgery may involve numbing the toe and removing a corner of the nail, a larger portion of the nail, or the entire nail.

Following nail surgery, a light bandage will be applied. Most people experience very little pain after surgery and may resume normal activity the next day. If your surgeon has prescribed an oral antibiotic, be sure to take all the medication, even if your symptoms have improved.

### ORAL ANTIBIOTICS

If an infection is present, an oral antibiotic may be prescribed to remove the infection before proceeding with additional treatments.

### PERMANENT REMOVAL

Various techniques may be used to destroy or remove the nail root. This treatment prevents the recurrence of an ingrown toenail. Your surgeon will determine the most appropriate procedure for you.

# MYTHS ABOUT INGROWN TOENAILS

Here's What You Need to Know.

## MYTH

Cutting a notch in the nail will reduce the tendency for the nail to curve downward.

## TRUTH

Cutting a notch doesn't affect the growth of the nail. New nail growth will continue to curve downward.

## MYTH

Repeated trimming of the nail borders is a good way to treat ingrown toenails.

## TRUTH

Repeated nail trimming fails to correct future nail growth and can make the condition worse.

## MYTH

You can buy effective ingrown toenail treatments at the drug store.

## TRUTH

Over-the-counter topical medications mask the pain but fail to treat the underlying problem.

## MYTH

Cotton placed under the nail will relieve pain.

## TRUTH

Cotton placed under the nail can harbor bacteria.



## Do You Suffer From Ingrown Toenails?

**BOOK AN APPOINTMENT TODAY!**

**757-934-0768**