

Ingrowing Toenails

AND ALL YOU NEED TO KNOW



WHAT IS AN INGROWING TOENAIL?

Ingrowing toenails (onychocryptosis) occur when the toenail penetrates the skin next to the nail due to trauma, poor nail cutting technique, or the shape/width of the nail plate.

Symptoms include pain, bleeding, swelling, weeping, heat, and redness around the nail due to the body's inflammatory response. Fungal infections can also cause ingrowing toenails.

HOW DO I TREAT AN INGROWING TOENAIL?

It is recommended to see a podiatrist for an ingrown toenail rather than attempting to remove it yourself. Doing so can cause complications and increase infection risk. If the toe is infected, contact a GP to see if antibiotics are required. Bathing the toe in salted water and taking paracetamol can help ease symptoms, while covering the toe with a sterile plaster can minimize dirt entering the wound if it is bleeding.

To learn more about our treatment options, turn the page. Our patient support team is ready to assist you, so call us on 01943 863 733 to schedule your consultation and treatment.





TREATMENTS

SIMPLE REMOVAL

If the ingrown nail is not severely infected and close to the top of the toe, a nail spike removal can be conducted at a clinic. A sterile dressing, potentially with antibiotics, will be applied to relieve pain and reduce infection. A follow-up appointment is advised, and nail cutting techniques will be discussed to avoid future recurrence.

LOCAL ANESTHETIC

In cases where the toe is too painful to undergo treatment, we can use a local anesthetic to numb the area and remove the ingrown nail without discomfort. Once the procedure is done, the toe will be dressed and we will advise you on when to return for follow-up to check the healing progress and ensure that the nail is growing properly.

TOENAIL SURGERY (TO PREVENT REGROWTH)

If you suffer from recurring or chronic ingrowing toenails, toenail surgery may be recommended to eliminate the issue once and for all. Before the surgery, an initial assessment will be conducted to evaluate the suitability of your toe for the procedure. This includes circulation checks and a thorough discussion on the details of the surgery. The toenail surgery will then be scheduled on a separate day from the assessment and will take around an hour to complete under a local anaesthetic. After the toenail has been removed, a chemical is applied to prevent regrowth, and a sterile dressing is applied. You will be required to return within 48 hours for a check-up to ensure normal healing and two more appointments to monitor the toe for the next 6-8 weeks.