



Ingrown Toenail

An ingrown toenail is a painful condition of the toe and occurs when a sharp corner of the toenail digs into the skin at the end of or side of the toe.

Pain and inflammation can occur before the nail pierces the skin, often followed by bacterial infection of the toe.



Podiatry & Foot Healthcare

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What causes an Ingrown Toenail?

Tight-fitting shoes or high heels cause the toes to be compressed together and pressures the nail to grow abnormally.

- Incorrect cutting or picking of toenails can cause the corners or a spike of the nail to dig into the skin as it grows.
- Disorders such as fungal infections of the nail can cause a thickened or widened toenail to develop.
- Injury near the nail may cause an ingrown toenail. This could be from stubbing your toe or dropping something onto it.
- If a member of your family has an ingrown toenail, then you are more likely to develop one too.

Treatment and Prevention of Ingrown Toenails

Ingrown toenails should be treated as soon as soon as they are recognised. In many cases, people with uninfected ingrown toenails may obtain relief by:

- Soaking the feet in warm salt water
- Dry them thoroughly with a clean towel
- Apply a mild antiseptic solution to the area

Our clinicians can trim or remove the ingrown nail with a minor in-clinic procedure. We can remove the ingrown spike of the nail or skin

skin and treat minor infection. If excessive inflammation,

swelling or discharge is present, the toe has

probably become infected and antibiotics may

be appropriate from your GP.

The best way to prevent ingrown



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The general information provided here does not constitute medical advice. You should consult with a suitably qualified foot health care clinician.

Please contact your nearest *We Fix Feet* clinic to book your consultation.