

INGROWN TOENAILS

Ingrown toenails are frustrating, painful, and can make performing the simplest daily tasks very difficult. They also tend to get worse and more difficult to fix when left untreated.

Having an ingrown toenail means that part of your toenail has pierced and grown into the surrounding skin. Even the smallest piece of nail can cause severe pain and swelling. This is as while the nail continues to pierce the skin, the cut it has created cannot close and heal. When combined with the slight movement and vibrations through the nail with every step we take, this leads to continuing pain, swelling and a lot of 'ouch!' moments throughout the day and night.

SIGNS OF AN INGROWN TOENAIL

- The skin surrounding the nail is red, swollen or tender
- You feel pain in the toe which is worsened when you touch it
- The toe may bleed or there may be yellow/white/clear discharge
- It's painful to wear (tight) shoes because of the pressure on your toe
- Even the pressure from bedsheets feels like daggers or causes pain



BE AWARE OF INFECTION

Because an ingrown toenail is an open wound, it is vulnerable to infection if bacteria get to it – which isn't too difficult given the location down at the feet. This is why it's important to effectively treat ingrown toenails promptly, especially if you have diabetes, nerve damage or poor circulation, all of which increase your risk of complications. If you fall into this category, it's important that you don't attempt to treat ingrown toenails at home.

TREATING INGROWN TOENAILS

When it comes to treating ingrown toenails, there are two distinct categories of treatment in podiatry: Conservative care and Surgical correction.

CONSERVATIVE CARE

Conservative care means that we remove the troublesome nail edge that has penetrated the skin with minimal impact on the nail itself. It's simple, quick and usually not done under anaesthetic so there may be a little bit of discomfort that is quickly followed by a lot of relief. While this is a great option to relieve pain for those with first-time ingrown toenails, this does not permanently correct the nail or stop it from coming back again.

SURGICAL CORRECTION

Surgical correction means that we complete a minor nail surgery to both remove the bothersome nail edge and importantly, apply a chemical that'll stop that particular edge growing back. If you tend to get worried about the term 'surgery', then please don't. This small procedure is done within an hour at our clinic in your regular podiatry chair and all under local anaesthetic to make it painless.

We cannot recommend this procedure highly enough as the best solution for ingrown toenails. It:

- Permanently corrects ingrown toenails in one procedure
- Is performed simply and safely in-clinic
- Is completed within 60 minutes, which includes preparing and anaesthetising the toe as well as dressing the toe after the procedure is complete
- Performed under local anaesthetic so is pain-free
- Does not require you to take any additional time off work/school following the procedure and you can go home immediately
- Does not require you to wear any special boots or braces while the toe heals
- Causes very little post-procedure discomfort, however, painkillers can be taken should discomfort arise

Our Values – We:



love what we do



challenge the status quo



are stronger together



aim to continuously improve



do what we say, sometimes more, never less