

WHAT IS AN INGROWN TOENAIL?

Definition

An ingrown toenail is a painful condition characterized by the nail digging into the surrounding skin, leading to inflammation and possible infection of the toe. This is a serious condition for people with impaired circulation, diabetes or other systemic diseases.

Causes

- Heredity
- Improper nail trimming
- Trauma
- Shoe pressure

What Can You Do?

Trim nails straight across as a preventive measure.

What Might The Podiatrist Do?

- Perform a physical examination
- Perform x-ray evaluation when necessary
- Remove the ingrown portion of the nail
- Use nail braces
- Culture the nail
- Prescribe appropriate medications, such as antibiotics
- Perform surgical correction of the nail when indicated