

## Ingrown Toenail

An ingrown toenail develops where part of the nail has grown into the surrounding skin, penetrating the flesh. If left untreated, the toe will often become increasingly painful, swollen and possibly infected.

### **Common Risk Factors**

- Poor toe nail trimming technique
- Poor fitting footwear
- Trauma/infection
- Abnormal nail unit

### **Conservative Treatment Options:**

- Your podiatrist can help remove the nail spike without local anesthesia in most cases.
- Your podiatrist will also advise you on the right nail cutting technique to prevent future ingrown toenails.

### **Surgical Treatment Options:**

- If your ingrown toe nail is recurring or if the nail shape is extensively deformed, your podiatrist may recommend an ingrown toe nail surgery.
- The procedure will be performed under local anaesthetic and it will involve either partial or complete removal of the offending nail depending on the severity.
- Complete healing of the toe nail takes an average of 4-8 weeks.

If you have any further questions, kindly consult your medical professional.

## Alexandra Hospital

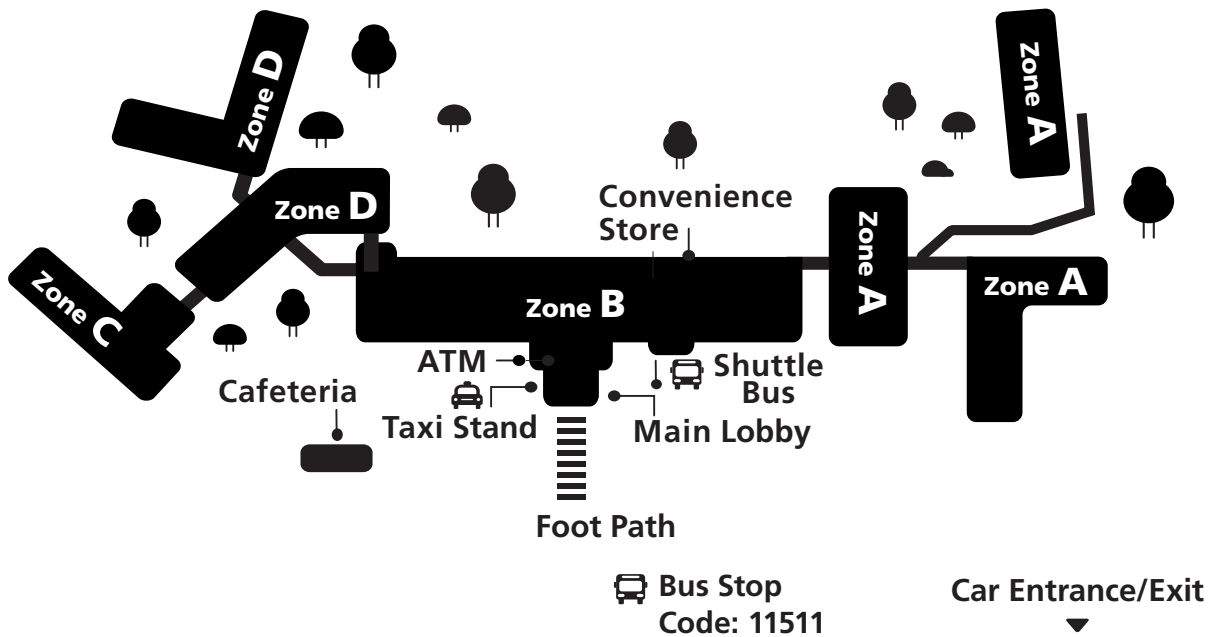
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