

# FRANCE-SHELTON FOOT HEALTH CENTRE

## Ingrowing Toenails Treatment

### No “Bathroom Surgery”

Don't be tempted to “have a go” at treating your ingrown toenail with your trusty nail cutters or scissors. You may end up doing more damage to the area and possibly even spreading the infection that's already present. The end result is that you may increase rather than decrease the pain you're experiencing!

### Saltwater soaks

In order to help clear the area of pus and dried blood (if present), it's best to soak your toe in lukewarm (not hot!) saltwater for 15-20 minutes once a day. Simply place a teaspoon of table salt in a small container of warm water. After each soaking session, gently dry the area and place an antiseptic (e.g. Savlon) on the area followed by the application of a small piece of sterile gauze and a plaster. As soon as possible, make an appointment to have this treated properly.

### Initial Podiatry Treatment

Prior to your initial visit, you'll be asked to complete a health questionnaire. This is very important, since your treatment may be influenced by your current health and/or medications. The level of treatment you require depends on the severity of your condition. For the most basic painful ingrowing toenail (usually a first-time occurrence), the offending spicule of toenail will be removed. If the toe is particularly tender, a local anaesthetic will be administered beforehand.

For those of you with “needle-phobia,” don't worry—we use a freezing spray to numb the skin prior to the injection of anaesthetic. And forget any horror stories you may have heard about injections directly into the ingrown toenail. This is simply unnecessary and causes needless pain. By knowing the anatomy of the toe, we place the anaesthetic well away from the painful area. Then, once the anaesthetic is in place, you won't feel any discomfort whatsoever.

Our philosophy of practice dictates that we will not allow any of our patients to “suffer through” any treatment or surgery. Once the offending nail spicule is removed, we may or may not give you a brief note to take to your GP to get a course of appropriate antibiotics. If this is recommended, it is because our examination reveals significant tissue infection present (or even mild infection in a patient with diabetes or poor circulation).

### Ingrown Toenail Surgery

If you have a chronic, or recurring problem with an ingrowing toenail, your best option would be to have the offending incurvated nail spicule permanently removed. Imagine, no more painful ingrown toenail again...ever. To learn more about this surgery, [click here](#).

*Make an appointment to get the treatment you need - Call 0121 384 3244*

***Your foot comfort is our business...our only business!***

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