

## **INGROWN TOENAILS**

### **What is an Ingrown Toenail?**

An ingrown toenail occurs when the sides or corners of the toenail curl and dig into the skin of the toe. This causes swelling, pain and redness on the side of the toe and if left untreated, can become a complicated and very painful condition. Any toe can be affected, but ingrown toenails most commonly affect the big toes.

### **What causes an Ingrown Toenail?**

There are many causes of ingrown toenails but the most common are:

- Poor fitting shoes
- Injury to the toe
- Involuted toenails (curved nails)
- Some medical conditions

### **What are the treatment options?**

Ingrown Toenails may resolve with careful removal and antibiotics if the condition is not too serious. Your podiatrist may recommend Partial Nail Avulsion (PNA) Surgery if the ingrown nail is severe, or if you have a history of recurring ingrown toenails.

### **What does the surgery involve?**

Surgery for an Ingrown Toenail is considered minor surgery and is performed under a local anaesthetic at any of the Waitakere Foot Clinic locations. Once the toe is numb, a small portion of the nail is removed. During this removal you should not feel any pain. Sometimes the Podiatrist will apply a chemical to stop the side of the nail growing back if has a high chance of growing back in again.

#### **Before surgery**

- Patients need an INITIAL assessment
- Please arrange for transport from the clinic as it is not advised that you drive a vehicle for at least 12 hours after this procedure.
- Wear jandals to the clinic as the bandaging is quite thick.
- If you have diabetes or any other medical conditions, please make sure that you let the podiatrist know before the procedure.

#### **After surgery care**

- Keep your bandage that was applied during the procedure for 24 hours. Do not get this wet.
- Once you are at home keep your foot elevated during the day and if there is any swelling you can apply ice to the top of your foot.
- You will need to change your dressing daily and the podiatrist will instruct you on how to do this.
- If you notice any bleeding coming through the wound dressing in the first 24 hours, do not remove the bandage, but instead apply more gauze to the outside of the bandages.
- You may take Panadol for pain relief, but if you require further pain medication you may ask your podiatrist about the options available.

**Please call our clinic 0800 333 233 if you have any questions or problems**

**Waitakere Foot Podiatry:**

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