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WHAT ARE THE POSSIBLE REASONS FOR AN INGROWN OR INVOLUTED NAIL?

The cause of the problem needs to be resolved in the correct way in order to achieve long-term success with a nail correction system. The corners of the nails should not be cut too short.

Possible causes of Unguis incarnatus (ingrown toenail) or Unguis convolutus (involuted toenail):

- Incorrectly cut nail plate (corners of the nails cut down too far)
 - Growth disorders (pincer nails)
 - Genetic disposition
 - Foot malformations
 - Toes that are too long
 - Valgus malposition on the big toe (leaning sideways/Hallux valgus)
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- Toes that cross over (Digitus superductus)
 - Shoes that are too tight
 - Shoes without much support
 - Overloading the feet
 - Severe sweat production
 - Overweight

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