

DISCLAIMER

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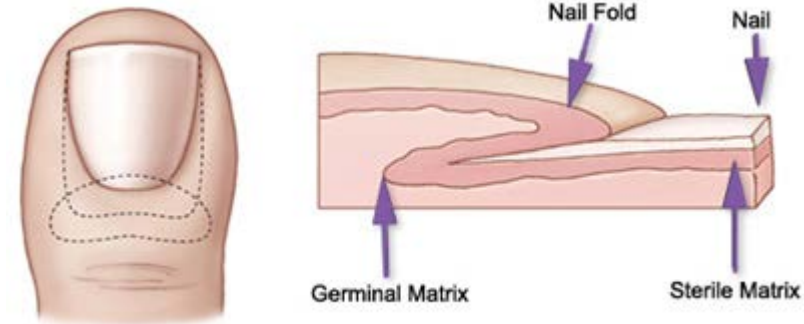
Ingrown Toenail

- (onychocryptosis)
- Most commonly affects the big toe
- Painful inflammation
- Redness
- Pain
- Swelling
- infection

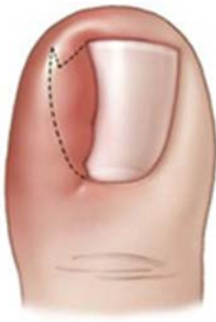


Causes of ingrown toenail

- Aggressively trimming the sides / Cutting the nail too short*
- Shoes that are too tight or short*
- Congenital: large nail on a little bed
- trauma: stubbing or getting stepped on
- Corner of the nail grows into the skin



Diagnosis of Ingrown Toenail



- Clinical diagnosis
- No tests are required for diagnosis
- Sometimes a pocket of pus can develop on the side of the toe
- Ingrown toenail is not Paronychia Infection of the cuticle)
- It tends to recur if not treated

Treatment of Ingrown Toenail

- Soak the foot in warm water 3-4 times a day
- Keep the foot dry the rest of the day
- Comfortable footwear (sandals)
- Lift edge of embedded nail and put some cotton under it
- Surgery: usually procedure done in the office
- Removing part of the nail after the toe is numbed

