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what is an Ingrown toenail?

An ingrown toenail or onychocryptosis as it's known in the medical world, is the result of part of the nail penetrating the skin which usually results in an infection. The nail can penetrate so deeply that it is no longer visible to a person's eye.

Treatment

The treatment for an ingrown toenail will vary depending on how severe the situation.

Antibiotics: If there is an infection most podiatrists will recommend antibiotics to help clear it.

Removal: Many podiatrists can remove the piece of nail causing the problem without much pain. If it's deeply embedded a local anesthetic may be required.

Surgery: If the nail is being extra difficult, then very minor surgery may be required. It is usually done in the office with a local anesthetic.

Permanent removal: Following nail removal, the nail will return unless a chemical is applied to the root of the nail. This chemical kills the root of the nail and in 90-95% of the cases it stops recurrence of the ingrown nail.

Soaking: After minor surgery you will have to soak your toe as directed.

Ingrown Toenails

How Do you get them?

Ingrown toenails are often very painful, yet very treatable conditions. Some people are more prone to them possibly due to congenital reasons, such as having large nails. In addition, arthritis and trauma are often to blame. If you continually stub your toe, then you may allow conditions for your nail to jam into the skin surrounding it. Also, wearing shoes that are too tight for your feet will cause the nail to penetrate the skin because it is literally squishing all your toes together. However, the most common and simple reason for ingrowns is improper nail cutting. It is essential to learn the proper techniques in order to prevent this problem or to obtain assistance.

How to prevent Ingrown toenails:

Be very careful if you are going to cut your nails by yourself, poor cutting of the nail is usually the cause. Make sure you cut the nail in such a way that it is just slightly longer than the skin. You don't have to cut the nails straight across but you do not want to leave any sharp edges either. Also, make sure your shoes fit you comfortably; if they are too tight you are more prone to develop an ingrown nail.

*Always keep your nails clean and dry

*Never cut your nails too short, leave them longer than the skin on your toe

*Leave your toes enough space in your shoes to wear them comfortably

*Never, ever stick anything into the sides of the nail... no scissors, no knives, no cuticle cutters... seek professional help!!

Are you suffering from heel pain?

You don't have to anymore.



**Call toll free
1-888-352-5662
to get your
free copy. All
your questions
answered.**

What do you have to lose, other than that sharp, stabbing pain in your heel?

Attention Patients Living with Diabetes

Recently, the American Diabetes Association (ADA) changed their guidelines. At this point, the ADA is recommending that all diabetics over the age of 50 get a vascular (blood vessel) exam, at least every 5 years. If you are diabetic and over 50 let us know. We will make sure you get this important test.

Product of the Month



Crocs Rx

This is the medical quality line of the popular Crocs shoe. These shoes are made of higher quality materials than the shoes you can find in the store and they last longer. Crocs Rx are only available in doctors' offices. We offer a wide variety of colors and sizes to help you find just the right fit. Crocs Rx are the perfect shoe to wear to the beach, by the pool, in the garden or just around the house. With summer coming up fast, you will love the comfort, ease and ventilation afforded to you by these washable shoes.

Get your pair today!

Sarasota Foot Care Center Announces the Opening of Our New Palmer Ranch Location

We have relocated our office on S. Beneva from the previous location, in front of the Sarasota Sq. Mall, to the intersection of Beneva and Palmer Ranch Parkway. The new location is larger with more convenient patient parking and state-of-the-art technology. Please pass the word to any of your friends that this new location is available to serve your foot health needs. The team of dedicated doctors and staff at Sarasota Foot Care Center strive to make your experience the best possible and return you to the active lifestyle you deserve.