

Ingrown toenails

Ingrown toenails are a common, painful condition, where the nail grows into the skin.

The condition can become chronic, with repeated episodes of pain and infection.

Ingrown toenails can develop in several ways:

- Direct trauma such as knocking your toe or dropping something on your toe
- Repetitive trauma such as playing sport or running in badly-fitting shoes
- Cutting your toenails incorrectly
- A hereditary problem, which may mean that your nails are abnormally incurved

If your toe is inflamed, swollen and painful, your condition probably won't be resolved without professional treatment.

For less-serious conditions, we will remove part of your nail with a minor procedure at our clinic, flush the area with antiseptic, dress your toe, and refer you to your GP if antibiotics are required.

Antibiotics rarely work by themselves. The nail spike, which is causing the problem, has to be removed first.

If you have a stubborn ingrown nail, we can perform minor surgery to permanently correct the problem.

Conservative v's surgical treatment

A simple conservative procedure may be all that is required to solve your ingrown toenail. This involves special nail cutting, removal of hidden corns, hard skin build up and any fungal material.

Painless thinning the nail with a high speed drill will often help.

Surgical treatment

If conservative care is not successful, you may be a candidate for a more permanent solution. This procedure is performed under local anaesthesia and the success rate is very high with excellent outcomes. The technique used is quick, effective and cosmetically appealing with very little post-operative discomfort

What will my nail look like?

As only the smallest offending section of nail, is removed, once healed, a change may not even be noticed. Our procedure has been very appealing to youth and women. We do **NOT** remove the whole toe nail, as nails act as protection for your toes.

Before

After

