

## COMPLICATIONS

- Pain is the most common complication following nail surgery and is more likely to occur when infection is present before the procedure.
- Regrowth of ingrowing toenail if incomplete matricectomy (partial nail removal).

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# INGROWN TOENAILS

## WHAT CAUSES INGROWN TOENAILS?

**A number of things can cause an ingrown toenail to develop, including:**

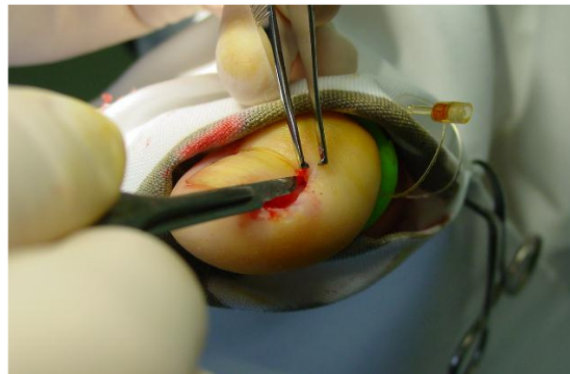
- Badly cut toenail. Cutting your toenails too short, or cutting the edges, will encourage the skin to fold over your nail and the nail to grow into the skin.
- Wearing tight-fitting shoes, socks or tights. This places pressure on the skin around your toenail; the skin may be pierced if it's pressed on to your toenail.
- Sweaty feet. If the skin around your toenails is soft, it's easier for your nail to pierce it and embed itself within it.
- Injury. For example, stubbing your toe can sometimes cause an ingrown toenail to develop.
- Natural shape of the nail. The sides of curved or fan-shaped toenails are more likely to press into the skin surrounding the nail.
- A fungal nail infection can cause your toenail to thicken or widen.

## TREATING INGROWN TOENAILS

**Left untreated, an ingrown toenail can become infected, so it is important that you:**

- Keep your feet clean by washing them regularly with soap and water.
- Change your socks regularly.
- Cut your toenails straight across to stop them digging into the surrounding skin.
- Gently push the skin away from the nail using a cotton bud.
- Wear comfortable shoes that fit properly.

**Surgery may be recommended if your nail doesn't improve. Depending on the severity of your symptoms, this may involve removing part or entire toenail.**



## POST-SURGERY CARE

- Your toenail will be wrapped in a sterile bandage after application of antiseptic. This is to stem any bleeding and prevent infection.
- Topical antibiotic is applied if the nail was infected.
- Keep your foot raised for a couple of days after the procedure.
- To reduce the pain, you may need to take painkillers and wear soft or open-toed footwear.
- You will be given daily or alternate day appointment for dressing till the area dries.

