

BELLEVUE PODIATRIC PHYSICIANS

What is it?

An ingrown nail is anytime the nail itself digs into the surrounding skin. Usually, but not always, this is at the corners of the nail. It occurs most commonly on the big toes.

It can cause:

Callus to form
Redness and pain
Frank infection and pus

The cause:

Ingrown toenails may be caused by:

- Cutting your nails too short. (we recommend cutting them straight across, even with the end of your toe.)
- Nails with a curve to them. (this is an inherited trait)
- Trauma
- Fungus nail infections

Ingrown Toenails

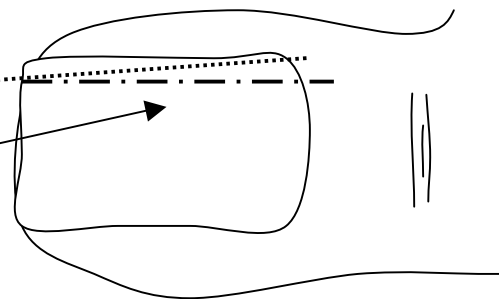
“Epsom salt soaks and Dr. Scholls ingrown toenail strips are a good at home remedy!”

Lines of resection for:

Nail avulsion

Matricectomy

Sometimes nails can get ingrown here. We call this a ‘distal’ ingrown nail



“It is extremely rare when any more than a sliver of nail need be removed!”

Wedge resection

If the nail is not adhered too much to the skin beneath, we can gently and without pain, trim back the nail without needing to numb it.

This can be done in the office in minutes and will most likely provide weeks to months of relief.

With this procedure there is a definite chance of recurrence.

Partial nail avulsion

In worse cases we need to numb up the toe with a ‘novacaine’. This will allow us to trim back the nail much more effectively without causing pain. Even so the ingrown nail may possibly return in several months. A few days of soaking will be require after this.

Matricectomy

The definitive, permanent procedure for recurrent ingrown nails is the matricectomy. This involves removing 1/8” to 1/4” of nail from the involved side(s) and ‘stunning’ the nail root with a chemical so the new nail will never grow back. This can be done in the office and you can usually drive yourself home. You will not need pain medication afterwards, but you will need to soak your toe for several weeks after. You may go back to work and sports the days after.