

NAIL CARE AND INGROWN NAILS

Dr. Paul F. Brezinski

One of the most common complaints patients present with is a painful, ingrown nail. Many times this problem is the result of improper nail cutting.

Nails are easiest to cut after showering or bathing because this is when the nail is the softest and the most pliable.

Toenails should be cut straight across and the edges should be smoothed or reduced using a nail file or emery board. Avoid cutting out deep corners or edges as this will often start an ingrowing nail. Loose skin or debris should be gently lifted out after bathing by gently moving under the nail material from base to tip using a blunt instrument such as the tip of a nail file. Do not cut your nails too short.



TYPES OF NAIL PROBLEMS THAT SHOULD BE TREATED BY A DOCTOR



If you are a diabetic, taking anticoagulants, (Coumadin) have an artificial joint and have deep, hard to cut, or chronically sore, painful nails you probably would be best served by seeing a podiatrist.

Any bleeding, pus, or discharge from a nail edge is often indicative of an infection or soon to be infected nail. Do not wait and see if it will get better. Chances are it won't and you will save considerable time, pain, and money by getting prompt attention.

Ingrown nails are treated in the office setting. The procedures necessary to treat an ingrown nail are quick, minimally uncomfortable, and resolve quickly after treatment with much less discomfort than the original condition.

Any nails that are of a soft, crumbling texture, have a yellow streak, or are partially or totally discolored could be infected with fungus. This problem will not get better without treatment. It will, and often does, become worse with the infection spreading to the other nails and/or the skin of the feet.

These type of nail issues usually don't get better with time, so act when you feel pain around the nail. If you need help with ingrown nails please call the office or request an appointment on our website. Don't wait until it gets worse. We'll try to get you on our schedule right away. **Our office number is 847-359-5550**