

INGROWN TOENAILS



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SOUTHERN OHIO FOOT AND ANKLE ASSOCIATES, INC.

Ingrown Nails Explained

The most common toe problem is an ingrown nail. Under many circumstances, the border of the nail can grow into, and become imbedded in the surrounding skin. Many factors can contribute to this problem.

The number one cause of an ingrown nail is improper cutting or trimming of the nail. Please see the nail trimming guide below. Cutting your toenails too short allows the flesh around the nail to cover it causing friction between the skin and the nail.

Poorly fitted shoes are

another popular cause for ingrown nails. Pressure from tight shoes can make the skin around the nail become inflamed. The toenail cuts into the inflamed skin and becomes ingrown. Wearing socks or hose that are too tight can have the same effect on your toenails.

Repeated trauma to the nail or toe may also cause a nail to become chronically ingrown. Many high school athletes suffer from recurring ingrown nails. Heredity and nail plate abnormalities may also play a part in causing an ingrown nail.



Ingrown Nail that was trimmed too short



Paronychia

Symptoms

Many people are unaware that an ingrown nail is the cause for their discomfort. Often times, ingrown nails are ignored until they become infected.

Watch for these signs to determine if your nail is ingrown:

Pain in the margin (side) of the toenail

Redness, swelling or bleeding

Sensitivity to pressure

Infection or watery discharge tinged with blood

How to Properly Trim Nails

Trim nails regularly and completely, every 4 to 6 weeks is usually sufficient.

Always trim nails straight across and smooth with an emery board so there are no rough edges to catch on socks or hose.

Never "rip" or "tear" off a hangnail. Always clip and file. Tearing the nail may leave small pieces along the outer edge. As the nail grows, these pieces become further imbedded.

Always leave the nail slightly longer than the end of your toe.

When trimming your nails, check between toes for signs of fungal infection. You may have small blisters or dry scaly patches that indicate fungal infection of the skin, which can spread to the nail resulting in toe nail fungus.



"Where We Put Your Feet First"

SOUTHERN OHIO FOOT AND ANKLE ASSOCIATES, INC.



We're on the Web
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Proper Footwear can Reduce Problems

From ancient Egyptian times down through the centuries, footwear has been designed to meet mankind's real and perceived needs—protection, support, comfort, sturdiness, and stylishness.

Feet endure tremendous pressures of daily living. An average day of walking brings a force equal to several hundred tons on them. They are subject to more injury than any other part of the body, underscoring the need to protect them with proper footwear.

Doctors of podiatric medicine are health care professionals trained for both palliative and surgical care of the foot and ankle. They also are fully qualified to recommend selection of the right pair of shoes, or address other aspects of foot health, for all members of the family.

*Source: APMA (American Podiatric Medical Association)

Shoe Buying Tips



Have your feet measured while you're standing.

Always try on both shoes, and walk around the store.

Always buy for the larger foot; feet are seldom precisely the same size.

Don't buy shoes that need a "break-in" period; shoes should be comfortable immediately.

Don't rely on the size of your last pair of shoes. Your feet do get larger, and lasts (shoemakers' sizing molds) also vary.

Shop for shoes later in the day; feet tend to swell during the day, and it's best to be fitted while they are in that state.

Be sure that shoes fit well—front, back, and sides—to distribute weight. It sounds elementary, but be sure the widest part of your foot corresponds to the widest part of the shoe.

Select a shoe with a leather upper, stiff heel counter, appropriate cushioning, and flexibility at the ball of the foot.

Buy shoes that don't pinch

your toes, either at the tips, or across the toe box.

Try on shoes while you're wearing the same type of socks or stockings you expect to wear with the shoes.

If you wear prescription orthotics—biomechanical Inserts prescribed by a podiatric physician—you should take them along to shoe fittings.

*Source: APMA (American Podiatric Medical Association)