

PodiatryCare, P.C. *and the* Heel Pain Center

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PERMANENT CORRECTION OF INGROWN NAIL

Permanent correction of ingrown nails is a very commonly performed procedure here in our office. It offers permanent relief of a very painful problem. This procedure involves a local anesthetic (numbing the toe) so that no pain and discomfort occurs during the procedure itself.

Procedure

After numbing of the toe, the procedure involves the removal of the small section of the nail which is ingrowing, and then the nail root is killed with a chemical. This causes very little post-procedure discomfort, however pain medicines can be given should discomfort arise.

After-Care

Specific soaking instructions are given, as the risk of infection is always a possibility. You will soak for approximately three weeks in order to allow complete healing to take place. The skin on the sides of the nail will eventually fold over and meet the remaining portion of the nail and the nail will usually have a fine cosmetic result.

Before Your Appointment

On the day you come to the office for this nail procedure, please wash your foot well before the office visit. Wear a clean sock and a slipper or a very loose-fitting shoe. This will allow room for a large bandage, which is removed within twelve hours of the procedure. Plan on taking it easy on the day of the procedure to control post-operative discomfort.

For More Information about Ingrown Toenails:

<http://www.foothealthfacts.org/footankleinfo/ingrown-toenail.htm>