

Ingrown Toenails

Ingrown nails are a painful condition that happens usually on the toenails. The great toe is subject to more pressure in the shoe and can become inflamed and swollen. If the nail edge is pressed hard enough it can break the skin and cause infection, making the condition worse.

This condition is caused because of genetic predisposition of the nail to grow down on the edges, and can also be caused by acute trauma to the nail. When the inflammation starts, most people will try to trim the affected nail edge back in order to relieve the pain. The nail edge will curl more as a result, however, so this is usually not a good method of treatment, since the nail will then become inflamed even sooner the next time.

This is a recurrent problem, so at Family Footcare of Mid-Michigan, P.C., we want to perform a procedure that is permanent and has a low recurrence rate of about 5%. This procedure is performed on the first visit unless there are other coexisting conditions that require we wait. If there is not adequate vascular supply this would have to be addressed before any procedures could be performed. If the patient is on a blood thinner we CAN do the procedure. Local anesthetic is used to numb the toe and then the edge or edges are removed. A tourniquet is used to stop bleeding. Then a chemical called Phenol is used to kill the nail root. The wound is flushed and the dressing applied. A patient can drive after the procedure.

If we do a permanent Matricectomy using phenol to destroy the nail root that creates the nail edge (or entire nail if needed), the patient will not be able to use a hot tub, swim in a lake or pool for 4 weeks to ensure infection is avoided.

After matricectomy the patient should experience a relief of the pressure from the previous nail and no pain. In addition, some complications of the procedure are as follows:

- Discoloration of the nail edge(s) due to loosening
- Infection of the wound site
- Thickening of the nail or fungus of the nail due to loosening, if fungus is present in the shoes.

Please call the office at (989) 775-8500 to make an appointment.

Thanks for choosing Family Footcare of Mid-Michigan, PC
989-775-8500
www.familyfootcare.biz

Connie Lee Bills, D.P.M.
