

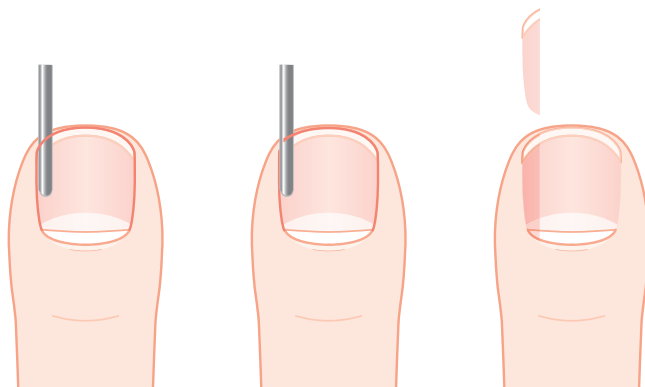
Post-operative ingrown toenail care

WHAT IS AN INGROWN TOENAIL?

- When the side or corner of the toenail grows into the flesh surrounding it. It usually affects the big toe.
- It often causes pain, redness and swelling where the nail has grown into the flesh.

WHAT DOES THE PROCEDURE INVOLVE?

- The toe is numbed with an injection of local anesthesia.
- The portion of the nail that has grown into the skin is cut and removed.
- The tissue that was underlying the toenail is cleaned up.
- Occasionally, a stitch is placed to keep the cut edge of the toenail in line with the skin border.



INGROWN TOENAIL AFTERCARE INSTRUCTIONS:

- Your child may have tenderness and discomfort after the procedure. This can be managed with Tylenol (acetaminophen) and Motrin (ibuprofen) as needed.
- Soak the toe/foot daily in warm water and or sitz baths.
- Place antibiotic ointment on the toe twice daily.

REASONS TO CALL THE DOCTOR:

- There is increased redness, tenderness, swelling and/or pus from the area, or there is too much discomfort to be able to walk.

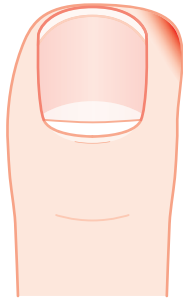
DO I NEED TO FOLLOW UP?

- If a stitch is placed, you will need a follow-up appointment in the office for removal.
- Otherwise, follow up is not required and will be determined on an as-needed basis.

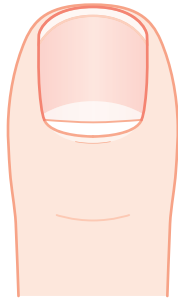
CAN AN INGROWN TOENAIL BE PREVENTED?

To help reduce the chance of recurrence, it is advised that:

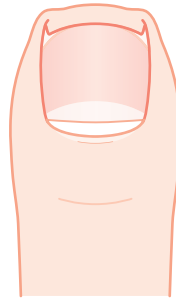
- Shoes are not too tight fitting around the toes.
- Cut toenails straight across and not too short (they should be even with the top of the toe).
Don't curve the nail to match the shape of your toe.



Ingrown nail



Properly cut



Improperly cut

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