

## Ingrown Toenails

### What Causes Ingrown Toenails?

- Improper cutting of the toenails leaving a sharp spike of nail to penetrate the skin.
- Improper fitting shoes, either too tight or loose.
- Socks that are too tight.
- Abnormal shape of nail plate or congenitally curved nails.
- Other toenail deformities (i.e. excessively thick nail plate).
- Trauma to the nail plate or toe.

### OFFICE HOURS

Monday	8:00-6:00
Tuesday	7:45-6:00
Wednesday	9:00-5:00
Thursday	7:45-6:00
Friday	7:45-1:00

### Our Approach

During the period between November 1, 2017 and October 31, 2018, the practitioners at the Barrie Foot Clinic completed over 160 partial and total nail avulsions. It should be noted, however, that not all patients coming to the clinic complaining of an ingrown toenail are scheduled for surgery. Following a full initial examination, the tending Chiropractor reviews treatment options that might include a conservative care approach, such as soaking and trimming the nail spike. Education is an important part of the clinic's approach.

### Partial or Total Nail Avulsion

Some ingrown toenails only require a local anesthetic and simple procedure that removes the offending piece of nail. Often these will never reoccur; however chronic ingrown toenails that are causing repeated irritation and infection require corrective surgery to eliminate this recurring problem. It may involve part of the nail or the whole nail being removed.

The procedure is painless as the toe is anesthetized with a local anesthetic. There is minimal post-operative discomfort. The wound normally heals within four to six weeks. During this time period it is simply dressed with a topical antibiotic and band-aids. After healing, the nail is normal in appearance and somewhat narrower than before. Patients at the clinic are scheduled for a one week follow up to monitor the healing process.

### TOENAIL SURGERY



1. The toe is anesthetized, prepped with antiseptic and a tourniquet.



2. The lateral border of the nail has been removed.



3. Liquefied phenol is applied to cauterize the nail matrix (growth area) and nail bed.



4. The chemical cautery is complete.



5. All wrapped up and ready to go home.

**Barrie Foot Clinic**

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[www.barriefootclinic.com](http://www.barriefootclinic.com)