

## **INGROWN TOENAILS**

### *Symptoms*

An ingrown toenail occurs when the side of the toenail turns downward and presses into the skin or when the nail grows into the skin. Ingrown toenails can be very painful and limit activities of daily living. Once the skin is punctured, the area is vulnerable to infection. Usual signs of infection include redness, swelling, warmth, pain and sometimes a weeping discharge.

If ingrown toenails reoccur, a permanent solution may be necessary. An appropriate medical practitioner can remove a small portion of the toenail under local anesthetic.

### *Causes*

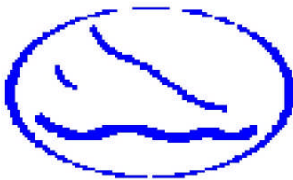
- Pain or pressure along the edge of the nail
- May be warm, red, or swollen
- May have a discharge
  
- Improper cutting of toenail
- Trauma
- Tight fitting hose and/or footwear
- Congenital deformity
- Chronic disease – ie: arthritis causing toes to curl

### *What can I do?*

- Cut toenails straight across
- Proper fitting hose and footwear
- If painful or infected, seek medical attention immediately

Clients with diabetes or poor circulations are encouraged to seek professional help.

If you are looking for a foot care nurse, refer to the foot care nurse website at [www.footcarenurse.ca](http://www.footcarenurse.ca)



*Information provided by:*

**Certified Foot Care  
Nurses Interest  
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