

Removal of in-grown toenail (nail avulsion) Instructions

Understanding Ingrown Toenails

Ingrown nails grow under the skin and may cause pain at the tip of the toe or all the way to the base of the toe. The pain is often worse while walking. An ingrown nail may also lead to infection, inflammation, or a more serious condition. If infected, you might see fluid (pus) or redness, or experience increased pain or swelling to the area.

Treatment for ingrown toenails

Treatment may be temporary (nail will grow back) or permanent (nail regrowth is not expected). Depending on severity your healthcare provider may:

- Trim only the corner to help alleviate symptoms.
- Remove one or both borders (edges) of the nail back to the cuticle. The base of the nail may also be treated with a chemical to keep the ingrown part from growing back.
- Removal of the entire nail plate (toenail). The nail bed may be treated with a chemical to keep the nail from growing back.

Infected ingrown nails may require antibiotics before permanently removing the nail border or plate.

Preventing ingrown toenails

- **Wear the right shoes:**
 - Get your feet measured; your shoe size may change as you age.
 - Wear shoes that are supportive and roomy enough for your toes to wiggle.
- **Correct trimming:** trim your toenails straight.
 - *If you have diabetes, talk with your healthcare provider before doing any foot self-care.*
 - Community foot clinics are available and provide easy, convenient, self pay appointments for nail trimming and foot care. A list of locations can be found on our website: <https://stoughtonhealth.com/health-services/foot-care-clinics/> or by calling 608-873-2332.
- **Prevent infection:** keep your feet and in between the toes clean and dry.
 - If you have diabetes, inspect your feet and between toes daily.

Risks associated with nail avulsion:

- Infection
- Increased pain.
- Bleeding.
- Nail deformity.
- Damage to surrounding tissue.
- Scarring.
- Allergic reaction to local anesthetic or medication used to prevent regrowth.

Post nail avulsion instructions:

- Your toe/part of foot will remain numb for a few hours. Be careful when walking to prevent tripping and falling.
- Leave the bandage on until the next day.
- You may remove bandage the next morning, soaking in warm water may be necessary to assist with removal.
- **DAILY** until healed or draining stops:
 - Soak foot in warm water for 20 mins.
 - May add Epsom salt or white vinegar if desired. Add 1-2 tablespoons per quart of warm water.
 - Use a clean Q-tip to remove any crust to allow for continued drainage.
 - Dry foot and between toes thoroughly after soaking.
 - Apply antibiotic ointment and cover with band aid.
- Watch for signs of infection (redness, warmth, pain, discolored or foul-smelling drainage, fever). Please call the office at 608-501-6205 or report to nearest Urgent Care should these symptoms occur.
- Return to the clinic in 2 weeks for follow-up, please call 608-501-6205 to schedule appointment if previously scheduled.
- Call 608-501-6205 or send a MyChart with any non-urgent questions or concerns.

References: WebMD Ignite Clinical References *Understanding Ingrown Toenails*