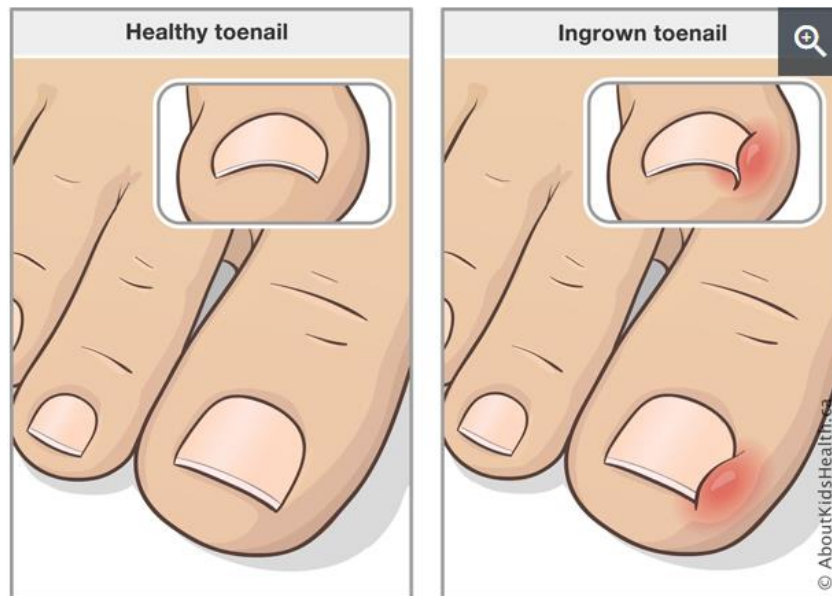




NIKHIL NANAVATI

Ingrown toenail



Introduction

An ingrown toenail occurs when the side of the nail grows into the surrounding skin instead of growing straight outwards. When the nail cuts into the skin, this can lead to infections causing pain and discomfort.

Treatment

Antibiotics: For single and isolated infections, a course of antibiotics prescribed by a GP may provide resolution and pain relief.

Surgery: For recurrent (usually more than three) episodes of infection, pain and inflammation surgery may be required. This is a relatively small procedure which can be performed under local anaesthetic. The toenail ends are removed and a chemical is used to prevent that portion of the nail growing back again.

Patients will also be provided with a personalised treatment plan following their individual operations.