

Ingrown Toe Nails - Nail Surgery



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PHYSIO GROUP

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In growing toenails are common in the general public but particularly in contact sports such as football or hockey and athletics. They can be very painful and may limit walking or sports.

If you have ever had an ingrowing toe nail, you may have experienced the following signs or symptoms:

- Hard skin near the nail.
- Painful toe.
- Tenderness in the skin around the nail.
- Redness in the skin next to the nail.
- Swelling around the skin and nail.
- The toe may be hot.
- The skin may bleed.
- Pus or infection may be present near the toe nail.

What can you do about it?

When ingrowing toe nails re-occur regularly and nails become too painful or infected the podiatrist may offer a long term solution. A portion of the offending nail or the whole nail can be permanently removed under local anesthetic. There is a **95% success rate with this procedure** and is the only option for long term management of ingrowing toe nails.

How will the toe nail be removed?

- After an assessment for suitability for this procedure, two local anaesthetic injections will be injected into the offending toe/toe's (this makes the procedure pain free).
- After 5 minutes the toe/toe's will be numb and either a portion of the nail or the whole nail will be removed.
- A chemical (phenol) will be applied to destroy the exposed nail bed so the part of the removed nail never grows back again (95% success).
- The toe is then dressed with a large bandage.
- After the procedure you are required to rest and take pain relief (if required).
- This procedure takes around one hour, you can walk normally afterwards but are required to bring flip flops and cannot drive for 24 hours.
- The wound takes between 6-10 weeks to heal.

If you would like to discuss the long term management of an ingrown toe nail, contact us now to book an initial consultation. Tel: 020 8778 9050

Contact us now

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