

Did you know?....  
 the foot has 26 bones,  
 33 joints, 107 ligaments,  
 19 muscles, and  
 numerous tendons.



**Other Brochures Available:**

Corns - Hammer Toes  
 Bone Spurs

Diabetes

Orthotics

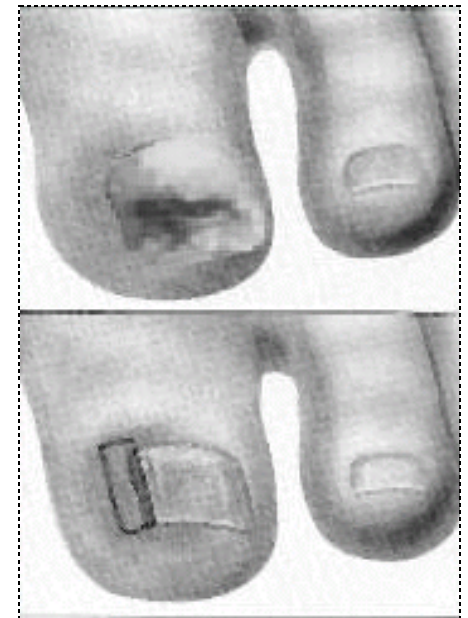
Arthritis

Heel Spurs

Physical Therapy

*when your feet hurt.....*

# Toenails



## Greenlawn Foot Care

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## Painful Ingrown Toenails

Toenails are supposed to grow outward, of course.... but sometimes, especially on the big toe, the nail

curves down at the sides growing into the skin. This can be very painful and may cut into the skin



inviting infection. This can occur due to improper cutting of the toenail, tearing the nail while clipping.

Relief is just an office procedure away. Under local anesthesia (when necessary) the offending portion of nail is removed. At times the root of the nail is treated chemically to prevent recurrence of the problem.

Usually there is immediate relief, and a short recovery period. Most patients can wear their own loose shoes or sneakers right after the procedure.

## Thick Painful and Discolored Toenails

Those painful discolored, hard, brittle or thickened nails can in many instances be infected with a fungus.

A fungal infection is caused when fungi (a plant infection) along with dirt and debris become trapped under the toenail and penetrate the softer nail bed.



Depending on the severity of the condition, this problem can be treated with medication, or simple debridement of the toenails involved.

Nails that are thick and difficult to cut, can be the result of trauma to the nail bed. This type of nail can also be treated in our office.

## Self Care and Treatment Options



- ✓ Keep your toenails trimmed short and straight - use toenail clippers.
- ✓ Regularly remove dirt and debris from under your nails. Be careful not to probe too deeply, as this can cause infection.
- ✓ Prescription anti-fungal medication may be recommended.
- ✓ In rare cases, surgical removal of the problem nail may be necessary.

Please do not hesitate to ask the doctor any questions you may have.