



Ingrown Nail

What it is?	An ingrown toenail occurs when the corner of the toenail grows into the skin around it. They are painful, and can cause redness and swelling around the corner of the toenail
Cause	When the toenail is pushed into the skin due to the nail being cut in a rounded fashion or by wearing wearing tight shoes, it causes a tiny cut in the skin. This allows bacteria to enter the skin, causing infection.
Treatment Soak and massage	Soak the toe in warm water and soap for 20 minutes twice a day. While soaking, massage the swollen part of the cuticle (skin next to the nail) away from the nail and try to bend the corners of the toenail upward. Dry well. Elevate the corner away from the cuticle with every soak.
Lift toenail	If able, help the corner of the toenail corner grow over the cuticle, rather than into it. Take a short strip of dental floss and try to slip it under the corner of the nail. Then, lift the nail upward and cut off any sharp edge. If possible, take a small wedge from a cotton ball and try to place the wedge under the nail corner to keep it elevated.
Pain and infection	To help with infection, apply antibiotic ointment to the swollen part after each soak. Because ingrown toenails can be so painful, try to protect that part of the toe from any pressure. You can wear sandals and a Band-Aid. Or, if wearing closed toed shoes, place a cotton ball over the affected area and cover with a Band-Aid.
Prevention	Cut toenails with nail clipper straight across so you can see the corners. Do not round off corners (keep the corners visible) or cut them too short. After baths or showers is the best time to cut nails. Additionally, be sure your child's shoes are not too narrow. Tight narrow shoes are the most common cause of ingrown toenails. Shoes should have a wide toe box and the toes should not feel cramped.
When to call	We expect slow, steady symptom improvement, pus to resolve by 48 hours, and there to be no fever or spreading redness. It may take 7 days to see significant improvement, but symptoms should NOT be worsening. If the ingrown toenail is not following this progression, we recommend seeing a podiatrist. If you are unable to be seen by podiatry in a timely fashion, or the symptoms are worsening and worsening, please call.

PAA Podiatry Referral list

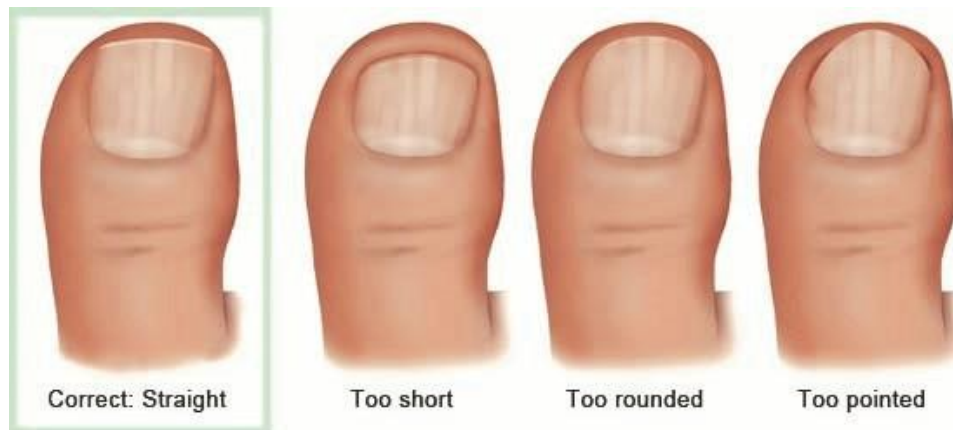
- Carla Culberson, DPM – Centraltexaspodiatry.com - Northland Dr., Austin, 78731 – 512-420-0808
- Jeff Lamour, DPM, PA – drjefflamour.com – Shoal Creek, Austin, 78757 – 512-298-1529
- Arish Angriasa, DPM – sworthogroup.com - William Cannon Dr., Austin, 78745 – 512-451-1969

If the provider requires a referral, please call our main number and leave a message on the referral line

Paronychia

What it is?	A paronychia is often confused with an ingrown nail. It is a skin infection along the lateral nail fold of a finger or toe. It can occur in conjunction with an ingrown nail, or can occur alone.
Cause	They can occur due to an ingrown nail piercing the skin, causing infection. They can also occur secondary to biting or picking at skin, pulling off a hangnail, clipping a nail too short, or after a manicure/pedicure.
Treatment Soak and massage	Soak the affected area in warm water and soap for 20 minutes twice a day. While soaking, massage the swollen area. Dry well.
Pain and infection	To help with infection, apply antibiotic ointment to the swollen part after each soak. Because paronychia can be painful, try to protect the swollen area from any pressure. On the finger or toe, you can apply a cotton ball and then Band-Aid.
Prevention	Cut nails straight across so you can see the corners using a nail clipper. Do not round off corners (keep the corners visible) or cut them too short. An easy time to cut nails is after baths or showers. Additionally, be sure not to pick, bite, or suck/chew on nails.
When to call	We expect slow, steady symptom improvement and there to be no fever or spreading redness. Symptoms should NOT be worsening. If it is not slowly improving, or if symptoms are worsening, please call.

How to cut nails properly



<https://www.informedhealth.org/how-to-cut-toenails-properly.html>