

# INGROWN TOENAIL



## WHAT IS AN INGROWN TOENAIL

An ingrown toe nail is a nail condition when the nail grows into the side of the paronychia (area beside the nail) or nail bed.

It typically causes recurrent pain over the affected area and may sometimes lead to infection of the nail area called paronychia.

## HOW DOES IT HAPPEN?

It is usually due to ill-fitting footwear which in turn causes pressure on the nail area. It can also be caused by improper cutting of the nails or trauma and injury to the nail area.

## TREATMENT

Medications can be used to treat infection or pain but only surgery can treat the underlying condition.

The doctor will perform a minor surgical procedure called a wedge resection of the affected toe nail and help remove the diseased part of the nail.

This can help relieve the pain and also help prevent recurrence of the ingrown toe nail.



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