

FOOT & ANKLE CENTER OF FRISCO

PODIATRIC MEDICINE AND SURGERY

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Ingrown toe nail

What is an ingrown toe nail?

Ingrown toe nails are a common chronic painful condition that can be aggravated by certain shoes, pressure, or activities. Usually affecting the great toes, they can be caused by trauma, genetics, or a bad pair of shoes. The first line treatment usually consists of oral antibiotics and foot soaks typically prescribed by primary care or ER physicians. In many cases these ingrown toe nails will continue to dig into the nail border causing pain, drainage, and, infection.

How do we treat ingrown toenails?

Ingrown toe nail procedures can be performed same day in the office. There are two types of procedures temporary and permanent. Both procedures involve a small injection of local anesthetic into the toe involved. Prior to injection we insure you are resting comfortably in our reclining chairs. We use ethyl chloride (cold spray) to freeze the skin to alleviate the pain of the needle itself. We perform this procedure in the office on patients 6yrs and up. Younger patients can be treated under anesthesia for their comfort in an outpatient surgery center. Once the toe is numb a divider is placed between the surgeon and the patient and the procedure is performed. A majority of the nail is left intact in order to preserve the cosmetic appearance of the nail, and toe is wrapped in a compression dressing for 24 hours. The permanent procedure involves applying a small amount of Phenol to the nail matrix in order to prevent the ingrown nail from coming back.

What to expect after my nail procedure?

After the procedure some mild discomfort or burning can be experienced once the numbing medication wears off. Patients who have the temporary procedure performed can experience mild pain and discomfort for 2-3 days following the procedure. Patients who have the permanent procedure can experience mild pain, discomfort and drainage for 2-3 weeks. Neither procedure has any activity restrictions following the procedure. Your podiatric physician is available to you 24/7 after your procedure to handle any questions, concerns or complications you may have in order to provide you with a safe and quick recovery.