



# Canberra Ingrown Toenail Clinic



Non-Surgical  
TREATMENT



Surgical  
TREATMENT

## Our Clinic

We are podiatrists, passionate about providing expert advice and the most effective treatment options for ingrown toenails. We offer non-surgical and minor-surgical options to suit each individual and condition. Our podiatrists pride themselves on providing immediate and permanent solutions so that you can get on with your life. All we do is feet, so we know how to fix them! All our podiatrists are four-year University trained and skilled to provide less invasive treatments with less associated pain.

## What is an Ingrown Toenail?

Ingrown toenails (Onychocryptosis) are toenails that have pierced the skin or are pressing against the adjacent skin of the toe causing pain, inflammation and sometimes infection. Initial symptoms include minor discomfort and inflammation, usually after the nail pierces the skin of the toe.

A relatively common condition, ingrown toenails can result from poorly fitted shoes, trauma, hereditary and inherited conditions, nail picking and incorrect nail trimming. Once the nail has pierced the skin, infection can occur quickly, both under the nail and in surrounding areas. This will be evidenced by swelling, redness and discharge. In addition, pain will increase, often making it difficult to walk or wear enclosed shoes.

Ingrown toenails can sometimes resolve without treatment. Soaking the toe in warm salt water solution and elevating the foot to reduce swelling and pain are sometimes all that is required. However, persistent pain and inflammation must be checked by a medical professional. We offer the most simple and effective treatment for your ingrown toenails with surgical and non-surgical options.



## Non-Surgical Treatment

If the toenail is not too ingrown, it may be treated conservatively during a regular consultation. Sometimes there is a corn under the nail that may be causing the pain and the podiatrist can remove the offending nail/corn and discuss a management plan to prevent it occurring again.

The non-surgical treatment of ingrown toenails is generally not too painful but if you would like a local anaesthetic this can be provided for you.

If you have been suffering with a re-occurring ingrown toenail, please discuss the surgical option with your podiatrist so that you can consider a more permanent solution. We generally say that if it comes back two or more times, it's likely to reoccur again and again.



## Surgical Treatment






Surgery is recommended when an ingrown toenail repeatedly becomes painful and/or infected, and when other conservative treatments have proved unsuccessful.

The most common procedure we perform, a Partial Nail Avulsion (PNA) involves the painless removal of the offending portion of the nail. In most cases, a chemical (phenol) is used to help with preventing regrowth of the removed section of nail. We also perform Total Nail Avulsions (TNA) when the whole nail needs to be removed.

## How Do We Perform a Toenail Surgery?

Prior to recommending surgery, your podiatrist will assess your ingrown toenail and discuss any factors that may affect your suitability for surgery. For the majority of people suffering from an ingrown toenail, surgery is a safe, quick and painless procedure.

See the steps below to fully understand how we perform the surgery.

-  1 A local anaesthetic is used to completely numb the toe. We will not start the procedure until the toe is 100% numb.
-  2 A tight rubber band called a tourniquet is placed around the toe to reduce the blood flow during the short procedure. The offending nail plate is cleared and a straight line blade is used to cut the root under the skin.  
NOTE: you will not need stitches.
-  3 The ingrown section of the nail is removed and a chemical called phenol is used on the nail root to prevent re-growth.
-  4 The wound is flushed with saline and a sterile dressing is applied to the toe.
-  5 You will come back for two re-dressings in the clinic and a final check at three months. You will be missing a section of the nail but this will fill in with normal skin once the wound heals.

## On the Day of the Surgery

You're able to walk immediately afterwards. Open toe shoes/sandals or thongs are recommended so there's no pressure on the surgical site following the procedure.

We recommend you don't drive for 12 hours following administration of the local anaesthetic. Please make plans to get a lift home with someone after the procedure.

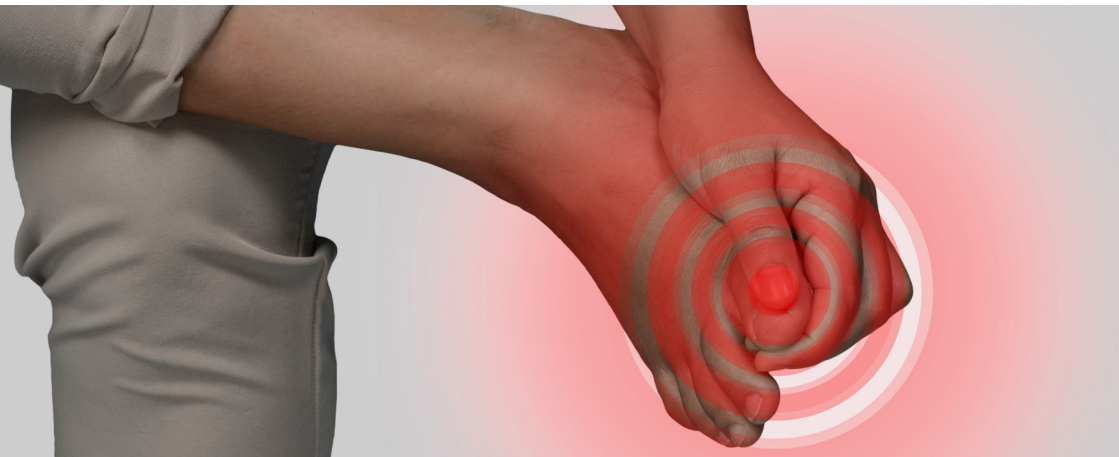
Go directly home following the procedure and rest with your leg elevated for the remainder of the day. Keep your foot higher than your heart if you can, so lie on a bed with the foot elevated to reduce swelling and pain.

Excessive walking (eg: walking for exercise) is discouraged in the first week post-procedure. Please discuss with your podiatrist your individual return to sport/exercise recommendations.

Tight fitting sports or dress shoes are discouraged in the first 3-4 weeks following the procedure.

Please see our website [www.canberraingrowntoenail.com.au](http://www.canberraingrowntoenail.com.au) for more information

**Canberra Ingrown Toenail Clinic would love to help you get rid of your problematic toenail once and for all! We offer a FREE initial ingrown toenail assessment. You can book online or give our friendly reception a call.**



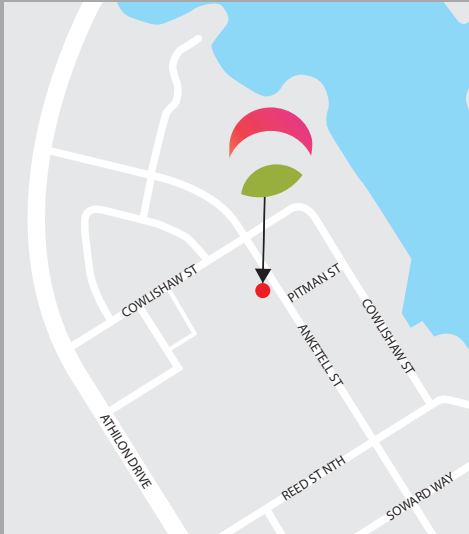
# Do you have a question?

If you would like more information or advice regarding your ingrown toenail, please call or email us, we would be happy to help.

Alternatively, please feel free to book your FREE ingrown toenail assessment online:  
[www.canberraingrowntoenail.com.au](http://www.canberraingrowntoenail.com.au)



# Canberra Ingrown Toenail Clinic



**Canberra Ingrown Toenail Clinic  
is located inside Brindabella  
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#### OPENING HOURS

Monday	8am-5pm
Tuesday	8am-4pm
Wednesday	8am-6.30pm
Thursday	9am-5pm
Friday	8am-4pm



[www.canberraingrowntoenail.com.au](http://www.canberraingrowntoenail.com.au)