

# Signs You Have an Ingrown Toenail

## AND YOUR 15 MINUTE FIX!

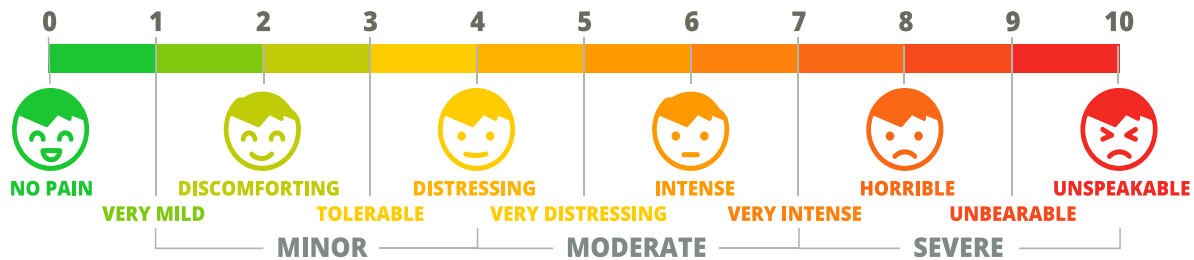
A toenail becomes ingrown when the corner and/or the side edge of the nail pushes into the skin, piercing the sensitive soft flesh, and continues to grow like that. Ingrown toenails are most common in big toes.

### MILD SYMPTOMS:

- Discomfort and tenderness along the side of your toe
- Minimal to moderate pain
- Pain with pressure applied
- No redness to little redness
- No pus

### MODERATE TO SEVERE SYMPTOMS:

- Severe, disabling pain (with and without pressure)
- Even the slightest touch hurts
- Redness or swelling around your toe
- Skin around the toenail is warm to the touch
- Oozing pus, which is a definite sign of infection



### SIMPLE, AT HOME TREATMENT:

Don't ignore an ingrown toenail. It will not correct itself on its own. Recognize that you have an ingrown toenail and catch it early on to avoid infection.

In many cases, treating an ingrown toenail is simple and can be done at home.

- Soak your foot in warm water several times each day
- Avoid wearing tight shoes or socks
- Cut your toenails straight across
- Apply antibiotic cream to the toe
- Keep your foot clean

### YOUR 15-MINUTE FIX & PERMANENT SOLUTION:

If you've tried to treat your ingrown toenail at home, but symptoms become worse or the ingrown toenail keeps coming back, it's time to see a doctor.

In some cases, when symptoms are severe, ingrown toenail surgery is required. The procedure involves injecting the toe with an anesthetic, cutting out the ingrown part of the toenail, and cauterizing the root of the nail where it was causing a chronic ingrown toenail.

- If surgery is required, your podiatrist will have you in and out of surgery in 15 minutes and you'll be walking within minutes. No stitches required! And the good news is, this surgery is a permanent solution for a chronic ingrown toenail.

### STILL NOT BETTER?

Does your ingrown toenail keep coming back?

[Click Now to Make an Appointment for Your Initial Consultation with Dr. Nagy!](#)