



# Treating Ingrown Toenails

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**T**oenails that curl in on the sides can penetrate through the toe's skin causing a great deal of discomfort and even infection. If you've ever had an ingrown toenail, you know that the pain coming from that tiny little area on your body is excruciating and not easily overlooked.

There are ways that you can try to alleviate the pain, but the best option is to see your podiatrist, especially if you have diabetes, have any vascular disease or circulatory complications like venous insufficiency.

## What causes ingrown toenails?

If you wear tight shoes, or shoes with limited toe box space, your toes will be crammed together, and the sides of the toenail can curl in due to the pressure on the nail bed. Other causes are not cutting your nails correctly, repetitious trauma or injury to the toes.

## Symptoms of ingrown toenails

- Redness
- Warmth
- Pain
- Bleeding
- Oozing Discharge
- Nails embedded into the sides of the toe skin

## Treatment Options

The treatment for ingrown toe nails is to cut the ingrown portion out of the toe and to apply a chemical along the side of the nail to prevent reoccurrence of the problem. Trying to do this at home is not recommended. Bathroom surgery. It is imperative to use sterilized instruments while doing this procedure to prevent further infection. Home care is then followed by Epsom salt soaks, hydrogen peroxide cleansing, topical antibiotic cream as well as a prescribed antibiotic to be taken orally.



## Collier Podiatry

Dr. Michael Petrocelli has been practicing podiatric medicine for well over 20 years. He is an expert in his field and a leader to his peers. If you are experiencing any foot pain or foot conditions, please contact Collier Podiatry.

Their kind and well-trained staff are ready to answer your questions and concerns and get you back on your feet again.

Collier Podiatry is available to answer your questions and make your appointment. Please visit their website at [www.collierpodiatry.com](http://www.collierpodiatry.com), or call them at (239) 775-0019



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