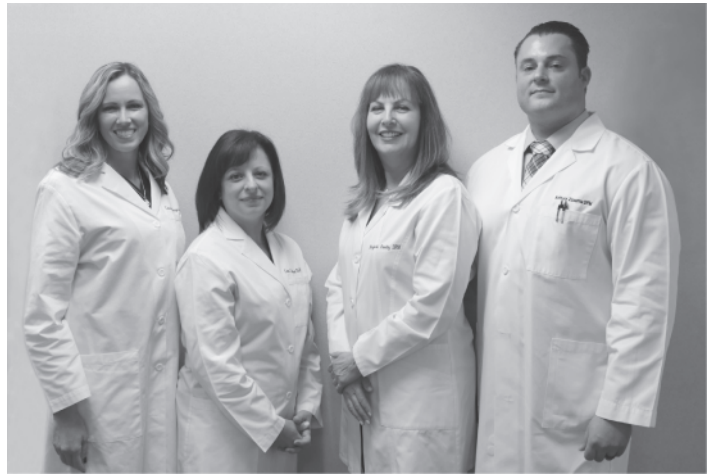


# FOOTNOTES

*“Health Care Tips  
On The Feet”*

by Marjorie C. Ravitz, DPM  
Lisa LaRocca, DPM  
Lisa Schirripa, DPM  
Anthony Zizzamia, DPM



## INGROWN TOENAIL

An ingrown toenail is a condition where a portion of the toenail presses into the surrounding skin. Ingrown toenails are often caused by an excess curvature of the toenail but may also be caused by cutting the toenails incorrectly, trauma to a toe, or wearing tight fitting shoes. This can lead to swelling, redness, pain, and if left untreated, infections.

Treatment of an ingrown toenail may include removing the painful portion of the nail, possibly with local anesthesia. Oral antibiotics may also be used if there is a severe infection. If an ingrown toenail is a recurring

problem and trimming the nail only gives temporary relief a permanent procedure may be needed. This correction is performed in the office under a local anesthetic, and consists of removing the offending portion of the toenail and the nail root.

Your Podiatrist will advise you on the best treatment options for your problem and will instruct you in the proper way to cut your toenails in the future. If you have difficulty cutting your nails, periodic office visits may be necessary to prevent the development of ingrown toenails.

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