Ingrown Nail Procedures

Frequently Asked Questions

INGROWN NAILS AND NAIL IRRITATION:

- Nail irritation can occur for several reasons. Tight shoes, toe position with increased pressure, nail injury, thickness, or natural curvature. If initial attempts to reduce inflammation and pressure fail, consider a procedure outlined below.

PARTIAL/FULL NAIL AVULSION:

- This allows for decompression of the ingrown/painful nail.
- Nail removed will grow back with the intention of being healthy and not inflaming the skin fold.
- An avulsion procedure can be a great solution for a first-time nail issue.

PARTIAL/FULL MATRIXECTOMY:

- Will also decompress the ingrown/painful nail; however, this is a permanent procedure. Nail will not grow back where it was removed.
- This is a great solution for repeated nail issues.

KEY TIPS

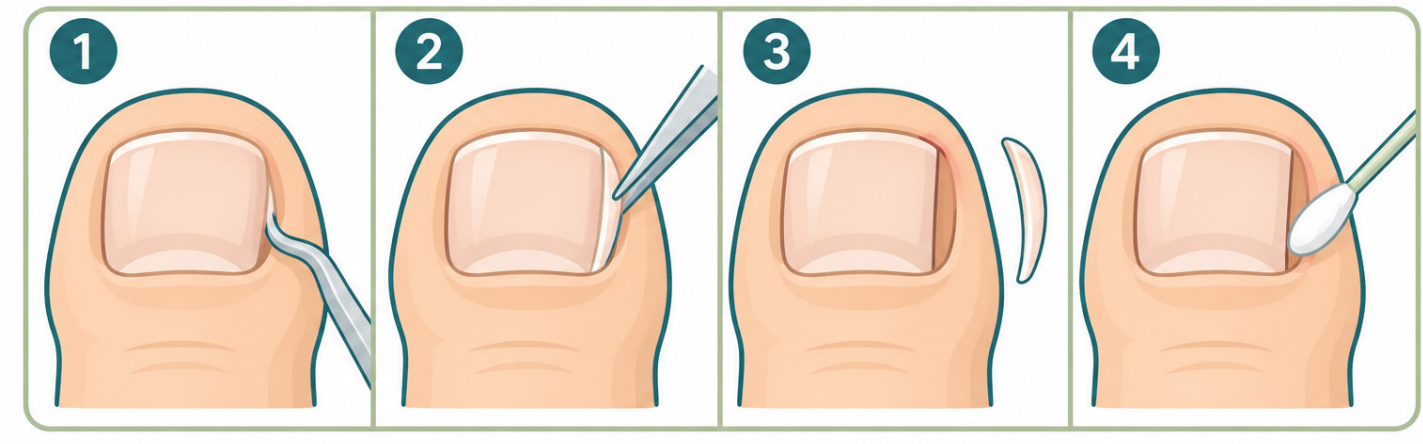
1. Post procedure redness and drainage can be a response to chemical used in permanent procedures.

2. Use a Q Tip to clean out the 'Nail Edge' where procedure was done. This removes drainage and inflamed tissue.

3. Avulsion procedures will allow the nail to grow back, hopefully in a healthy fashion. If it continues to be ingrown, return to clinic to consider 'matrixectomy' or permanent procedure.

4. Air out feet and use breathable socks when possible. Excessive moisture can increase complications

5. Consider application of Betadine along nail edge to reduce moisture, irritation and allow for further anti-micro bacterial care.



SIMPLICITY Health

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(320) 227-2595 | www.simplicityhealthmn.com/podiatry

PARTIAL/FULL NAIL AVULSION: TEMPORARY

- Leave bandages on for a couple hours after the procedure. Bleeding through bandages can occur, simply remove dressings and apply new Band-Aid.
- Remove bandages 3-6 hours after procedure and initiate soaking. This can be after work or school.
- Soaks: Use clean tub, basin or bath with warm water and approximately ½ cup of Epsom salts.
- Soak 1x daily for 10 minutes. Be sure to clean out the nail edge where procedure was done. You can use Q tip or gentle pulling back of skin fold.
- Continue for 1 week
- After soaking, dry feet completely. Apply Band-Aid to affected toe for 1-2 weeks or until healing has been achieved.
- Do not apply ointments/lotions. Use betadine to reduce moisture.
- Return to office if needed, or if re-occurrence happens.

PARTIAL/FULL NAIL MATRIXECTOMY: PERMANENT

- Leave bandages on for a couple hours after the procedure. Bleeding through bandages can occur, simply remove dressings and apply new Band-Aid.
- Remove bandages 3-6 hours after procedure and initiate soaking. This can be after work or school.
- Soaks: Use clean tub, basic or bath with warm water and approximately ½ cup of Epsom salts.
- Soak 2x daily for 10 minutes. Be sure to clean out the nail edge where procedure was done. You can use Q tip or gentle pulling back of skin fold.
- Continue for 2 weeks
- After soaking, dry feet completely. Apply Band-Aid to affected toe for 1-2 weeks or until healing has been achieved.
- Do not apply ointments/lotions. Use betadine to reduce moisture.
- Chemical reactions can occur resulting in increased redness/drainage. Focus on soaking, cleaning skin fold.
- Return to office as needed.

QUESTIONS? WE'RE HERE TO HELP!

Send Dr. Lindsey Hjelm and her nursing team a message through MyChart, or give Simplicity Health a call at 320-227-5000.

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