



## Bay Harbor Podiatry Group

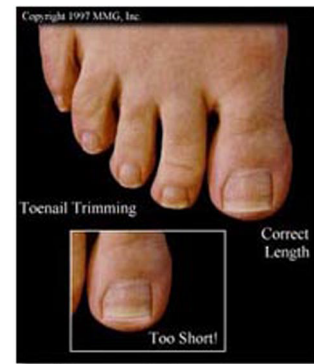
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### INGROWN TOENAIL

This is a very common foot problem. Any toenail may be affected, but it most often occurs on the great or large toe. Improper trimming, poor fitting shoes, tight hosiery (socks), muscle imbalance, injury, and abnormal bone growth beneath the toenail are frequent causes. The nail may curve, causing the edge to press and cut into the surrounding tissues. The skin may be broken and can lead to surrounding infection.



Ingrown



Proper & Improper  
Trimming

#### **TREATMENT:**

The doctor has performed procedures to clear up an infection or permanently correct your problem today. To ensure the best possible results with the least amount of discomfort, please follow the instructions below.

#### **POST-TREATMENT INSTRUCTIONS:**

Starting tomorrow you may resume normal bathing routines. You can get the dressings wet in the shower or bath, which will make first time bandage removal easier. Your doctor may also instruct you to soak the affected toe(s) as follows:

1. Soak the affected toe for 10-20 minutes in a clean basin with any of the following:  
Use Luke Warm to Cool Clean Water – **DO NOT USE HOT WATER!**
  - Dilute Iodine Solution (Povidone Iodine / Betadine Solution)
  - 2 Tbsp. Epsom Salts per quart of water
  - ½ Cup White Vinegar per quart of water
2. Pad the affected toe dry with a clean towel or wash cloth.
3. Apply either an antibiotic ointment (Bacitracin / Polysporin / Neosporin), several drops of Betadine / Povidone Solution, or the prescription medication as directed by your doctor into the area where the nail(s) were removed and cover with a dry, sterile Band-Aid (or light gauze).
4. These instructions should be followed for the next one to two weeks or until the next follow-up with your doctor.

**5. Please call the office with any questions or concerns:**

**Office Phone No. (310) 540-1213**