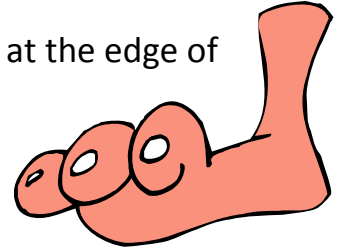


Ingrown Toenail

What is it?

- **Ingrown Toenail**- improperly cut toenail cuts into the skin at the edge of the nail
 - **Shoes**- too tight
- **Cut**- becomes infected, needs prompt care



Facts:

- **Puncture Wounds**- sharp, pointed objects that penetrate the skin
 - **Wounds**- become infected easily, hard to clean, provide a moist, warm environment for bacteria to grow
- **Signs of Infection**- redness, swelling, warmth, increased pain and tenderness, red streaks, pus discharge, swollen lymph nodes in the groin, armpits or neck; fever 100 degrees F or higher



Prevention:

- **Cut**- toenail straight across, prevent sharp end of nail from cutting into the skin
 - **Corners**- leave a little longer
- **Soak Feet**- warm water 20 minutes (softens the skin), trim nails, get a pedicure every 2 weeks or as needed
- **After Feet Soft**- place a small piece of wet cotton or the end of a cotton swab under the corner of the nail, this prevents cutting of the skin by the nail; repeat until the nail can be trimmed
- **Daily Foot Soaking**- help relieve tenderness, pain, swelling, soak in baking soda and Epsom salt (1 cup soda to 2 cups salt)

What can I do?

- **See your Health Care Provider immediately**- if you have Diabetes, Circulatory Problems
- **See a Registered Dietitian/RD**- for help as needed
- **See FFF RD**- on line for help
- **See a Podiatrist**- may want to do surgery
- **Always**- clean the nail with soap and water

