

# Ingrown Toenails: Understanding and Treatment Options

## What Are Ingrown Toenails?

An ingrown toenail occurs when the edge of the toenail grows into the surrounding skin, leading to pain, redness, swelling, and sometimes infection. Common causes include improper nail trimming, tight footwear, and trauma to the toe.

## Treatment Approaches at Advanced Foot Care Center

### 1. Conservative Care:

- **Slant-Back Procedure:** Trimming the offending nail edge to relieve pressure and allow the nail to grow correctly.

### 2. Partial Nail Avulsion:

- Surgical removal of the ingrown portion of the nail under local anesthesia. This procedure provides immediate relief and is often used when conservative methods fail.

### 3. Matrixectomy:

- For recurrent cases, a matrixectomy may be performed to prevent regrowth of the problematic nail segment. This involves destroying part or all of the nail matrix using chemical agents like phenol or sodium hydroxide.

# Onychomycosis (Nail Fungus): Causes and Treatments

## Understanding Onychomycosis

Onychomycosis is a fungal infection of the nail, leading to discoloration, thickening, and brittleness. It can affect both toenails and fingernails and is more common in individuals with diabetes, circulatory issues, or a history of athlete's foot.

## **Treatment Options at Advanced Foot Care Center**

### **1. Topical Antifungal Medications:**

- Effective for mild to moderate infections. Commonly prescribed topical treatments include:
  - **Efinaconazole 10% solution (Jublia)**
  - **Ciclopirox 8% lacquer**
  - **Tavaborole 5% solution (Kerydin)**

### **2. Oral Antifungal Medications:**

- For more severe or resistant cases, oral medications like terbinafine or itraconazole may be prescribed. These treatments require monitoring for potential side effects.

### **3. Laser Therapy:**

- Utilizes focused light to penetrate the nail and eliminate fungal pathogens. This non-invasive option is suitable for patients seeking alternatives to medication.

## **Integrative Healing with LifeWave X39® Patch**

At Advanced Foot Care Center, we offer the LifeWave X39® patch as part of our integrative approach to foot health. This non-invasive, drug-free patch uses phototherapy to stimulate the body's natural healing processes, potentially benefiting conditions like chronic foot pain and supporting tissue repair.

For personalized assessment and treatment of ingrown toenails or nail fungus, schedule an appointment with Advanced Foot Care Center. Our comprehensive approach ensures effective and lasting relief.