

Ingrown Toenail

Description

An Ingrown Toenail is quite a common issue, more so in teenagers and young adults. The toenail can grow on one side and sometimes both sides of the toe and occasionally both the toes can be affected.

Ill-fitting shoes are one of the main causes of ingrown toenails. The downward pressure from wearing shoes causes the sideways growing portion of nail to poke into or pinch off a small piece of skin at the outer edge of the toe. Other causes include flat foot (pes planus). Other common causes include cutting your toenails incorrectly.

Prevention

You can help prevent an ingrown toenail with the following measures:

- Take care when cutting your toenails. Cut straight across, not too short and not into the corners or edges.
- Wear comfortable, well-fitting shoes or sandals.
- At work, wear steel-booted footwear, where appropriate.
- Avoid tight socks and change them every day, or as soon as your sport or exercise is over.
- Wash your feet every day, dry well and apply moisturiser to dry skin.

Preparation

You would be seen by the surgeon (Dr Satya Shanbhag) for surgical assessment and discussion about the procedure and possible complications.

Things to do:

- 1) **Make sure you eat** before coming in for the procedure. Do not starve!
- 2) Relax and recuperate for the first 2 weeks
- 3) Complete a course of antibiotics. Additionally, take painkillers as needed to keep you comfortable.
- 4) Visit for removal of the bandage.

Things to Avoid :

- 1) Do not wet the wound/toe for at least 2 weeks.
- 2) Avoid shoes for 2 weeks. You can wear jandals during this time period.



Procedures

There are 2 surgical procedures: 1) for mild and non-infected toenails a **wedge resection** or also called **Winograd's procedure** may be enough.

2) **Zadeck's procedure** is ideal for inflamed and near destroyed nail and nail groove eating into the skin and flesh of the toe. Zadecks is better because this procedure also removes the nail matrix at the base, therefore destroying any further growth for some years. Recurrence is higher with the Wedge resection procedure.

The toe will receive a ring block analgesia and the procedure will be carried out using a tourniquet. Usually one toe is done at each sitting. The toenail edge is lifted up and a small cut is made at the skin edge to expose the nail germinal matrix (mother pearl). The extra flesh in the toe skin is removed and the whole nail matrix from top to bottom is excised for the affected side.

Complications

Complications are typically uncommon. However early and minor complications can include; minor ooze, swelling, and moderate pain which can be well controlled with analgesics.

Major complications include toe osteomyelitis and gangrene which are fortunately very rare.

Toe infection and disruption of stitch can occur.

Pricing

The price of ingrown nail is dependent on the procedure, edges and toes involved.

Wedge single edge of toe --> \$400

Wedge both edge --> \$500

Wedge both toes --> \$800

Zadeks single/both edge--> \$500-\$700

Zadeks both toes --> \$950

Please contact reception or schedule an appointment with either Dr Satya or Nurse Edlyn for further information.

Who We Are & What We Do

Background

West Auckland Medical and Surgical Centre is a well-equipped surgical centre, offering world-class surgical options for skin cancer, circumcision, vasectomy, haemorrhoid issues, lumps, bumps and also hernia and varicose vein care..

The centre is streamlined into a surgical centre of excellence and mostly serves the West Auckland community.

The Surgical lead is Dr Satya Shanbhag along with his team of specialist nurses (Edlyn & Elina).

Values & Goals

It is our desire to exceed our core values and provide world class service and outcomes for all of our patients. Our values drive the desire to achieve our objective of delivering and demonstrating exceptional service and quality surgical care to our patients. We are dedicated to ensuring the patient along with their family or support person are provided with the necessary knowledge and information on their procedure. This brochure is a step in that direction.

Our goal is to develop and mature into a well-recognised surgical centre with a highly regarded reputation for delivering exceptional service and surgeries to our patients at affordable prices.

The motto of our service is "Do Good, Be Good and Great will be the Outcome"

Visit us

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Our clinic is wheelchair accessible.
Mobility parking is available.

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WE CARE ABOUT YOU