

A partial nail avulsion usually takes about 3 weeks to heal. The toe may be slightly inflamed and exude fluid at the side where the nail has been removed but it is not generally very painful during that time.

A total nail avulsion can take slightly longer to heal and may be more sensitive to pressure for up to two months after the procedure.

There is about a 2% risk of infection requiring antibiotics and a 5% risk of regrowth of the removed sections of nails after these operations.

If you have this or any other foot related issue, see us at Shepparton Foot Clinic for a caring professional podiatry opinion.

**Shepparton Foot Clinic,  
where we help your 'Feet for Life'**

Shepparton Foot Clinic has been providing top quality, friendly and reasonably priced podiatry to Shepparton and the Goulburn Valley since 1983.

Conveniently located in central Shepparton, we have parking on site and easy wheelchair access to our clinic.

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[www.sheppartonfootclinic.com.au](http://www.sheppartonfootclinic.com.au)

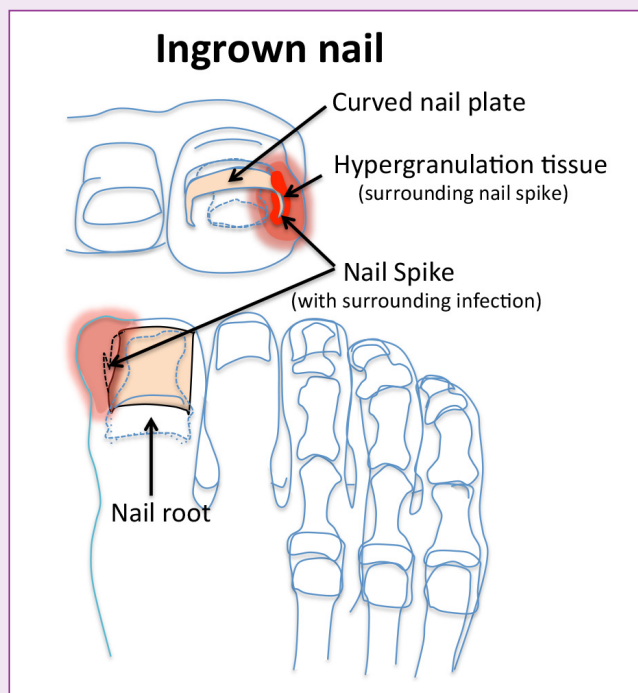
# Ingrown Toenails



## Ingrown toenails

An ingrown nail is when the edge of a nail has pierced the skin and become infected and painful. The toe appears very inflamed, swollen, pussy and often has a lump of red, raw soft-tissue growing from the offending edge. This raw skin is known as 'hypergranulation' tissue.

Hypergranulation grows from a chronic wound and is the body's way of softening and expelling foreign bodies. It is the body's defense mechanism against splinters. Unfortunately hypergranulation tissue is often not successful in dealing with a nail splinter because as a nail grows forward the splinter pierces deeper into the swollen toe. (See diagram below)



### *Cause of Ingrown toenails:*

Ingrown toenails can be caused by a number of reasons including the shape of the nail such as very curved or wide nail plates, or due to cutting or breaking the nail too far down the edge of the nail. This can lead to tearing of the nail bed or leaving a spike of nail that pierces the skin as it grows forward.

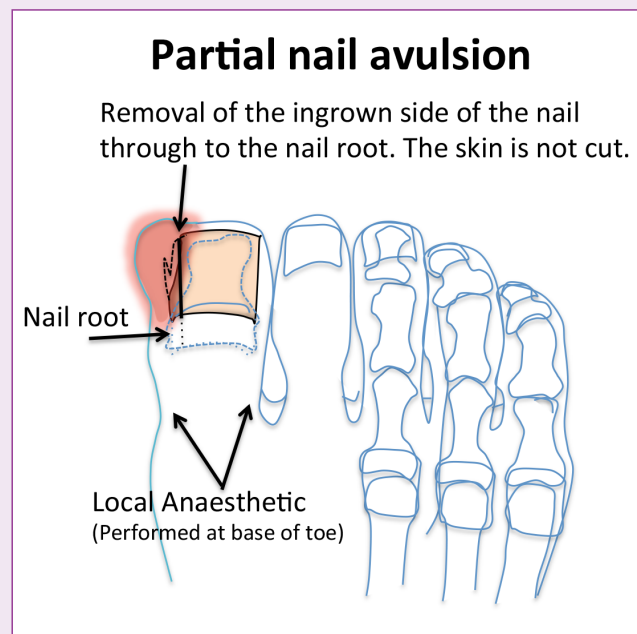
## Ingrown toenail treatment:

The treatment of ingrown nails basically involves removing the spike of nail sticking into the skin and then healing the infection.

This is usually done in the clinic with minimal discomfort using appropriate instruments and clinical skills. However if an ingrown nail is severe or chronic it may require surgical treatment and/or a prescription of antibiotics.

Podiatrists at Shepparton Foot Clinic can perform nail surgery under local anaesthesia to remove the edges of chronic ingrown toenails and prescribe antibiotics if necessary.

Removal of the edge of a nail is known as a Partial Nail Avulsion (PNA). We can also perform Total Nail Avulsions (TNA) on chronically deformed nails. (See diagram below)



### *What to expect:*

These procedures are performed in the office, are not usually painful and do not usually require time off your feet after the procedure.