

Don't Let a Tiny Nail Take You Down!



Hey There, Toe Warriors!

We've all had days when one small toe throws off everything—from your favorite shoes to your workout to your entire mood. That's the power (and pain!) of an **ingrown toenail**.

If you're wincing while walking or avoiding socks altogether, keep reading—we've got your solution.

Why Do Ingrown Toenails Hurt So Much?

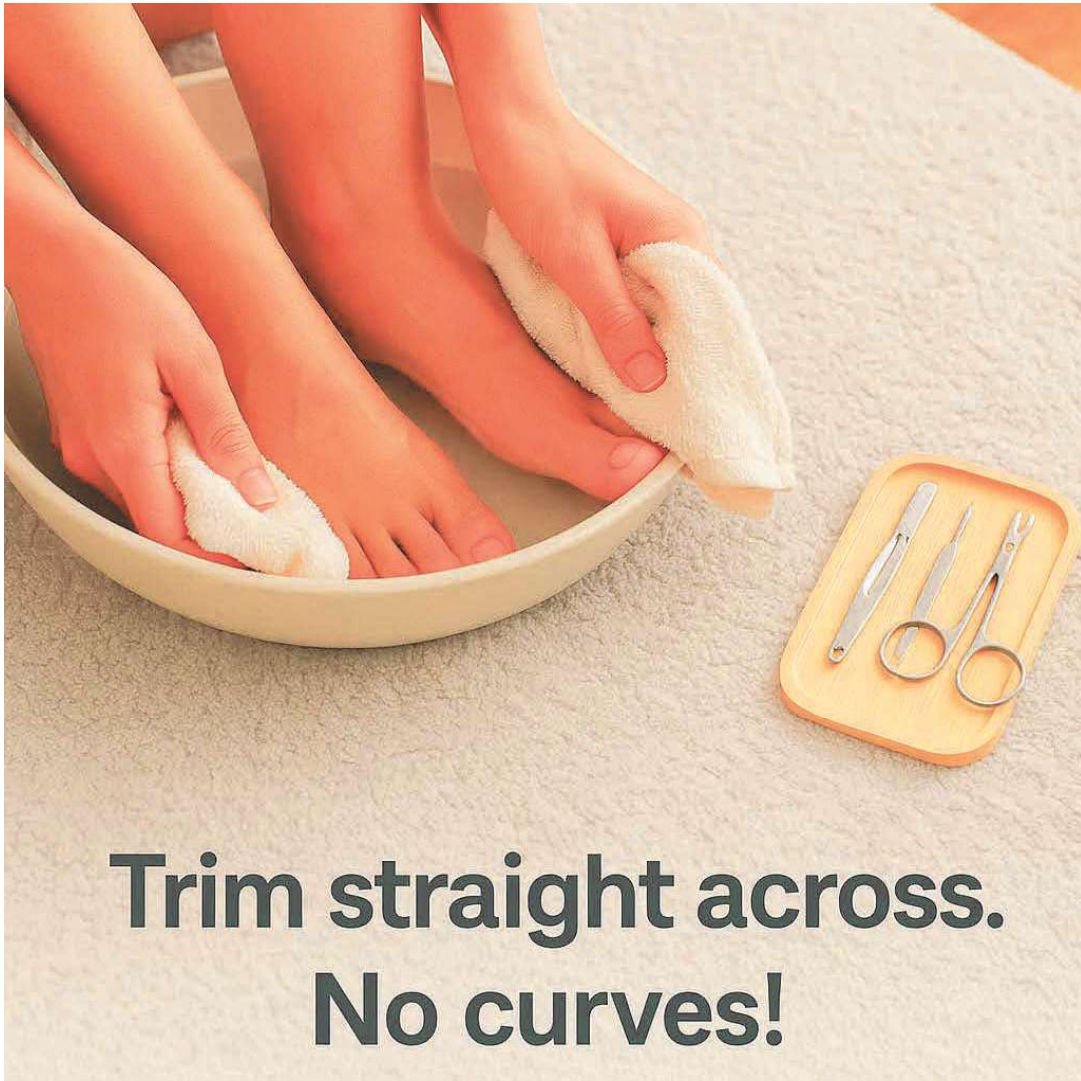
Your toenails might be small—but when they grow into the skin, they pack a punch! Ingrown toenails often start from:

- Improper nail trimming (cutting too short or rounding the corners)
- Tight shoes or pointed toes

Trauma (like stubbing your toe or dropping something)

- Genetics (yep, thanks Grandma)

If your toe looks red, swollen, or tender at the corner—**don't ignore it**. Waiting can lead to infection or even needing antibiotics or minor surgery.



**Trim straight across.
No curves!**

Real Talk: Stop Digging at Home

We get it—you're tempted to "fix it" at home with scissors, tweezers, or nail clippers. But home digging:

- Can push bacteria deeper
- Often makes the nail worse
- Might lead to recurring problems

We offer *gentle, effective solutions* that address the root (pun intended!)—from temporary relief to permanent correction.

Your Treatment Options at Forward Foot & Ankle

We'll examine your toe and offer options, including:

Conservative Care: If caught early, we may simply lift the edge and guide it to grow out safely.

In-Office Procedure: For recurring or infected ingrowns, we numb the area and remove the offending nail edge painlessly. Most patients say: *"That's it? I should've done this sooner."*

Permanent Solution (Matricectomy): Done in-office when the problem keeps coming back. We gently treat the nail root so it doesn't grow into the skin again—forever.

Pro Tip: Sock & Shoe Check!

Avoid narrow or tight-fitting shoes. Your toes need wiggle room. Socks that are too snug can also cause pressure on the nail folds.

Look for:

- Wide toe box
- Soft inner lining
- No pointy ends!