

# Ingrown Nails

An ingrown nail happens when the nail grows under the skin on the side of the nail.

## What are the causes?

- Cutting your nail too short or too deep into the corner.
- Injuries to the toenail or wearing shoes that are too tight.

## What are the signs?

- The nail will look swollen, red, painful and you may see pus on the side.
- Pain while wearing shoes, walking, or pressing on the nail.



## How do I prevent ingrown nails?

- Wear shoes that fit well and leave room for the toes to move.
- Trim your nails straight across.

## What are my treatment options?

- Your doctor can trim the corner to help with the pain.
- The side of the nail might need to be removed completely and a chemical may be used to keep the ingrown part from growing back.

## What happens when toenails get infected from ingrown nails?

- Paronychia is an infection that happens when an ingrown nail lets germs get under the skin.
- The infection will need to be drained if pus is seen, and you may need an antibiotic. Treatment will take 1-2 weeks.



### Home Remedies

- Soak your toe with warm water for 5 minutes. When dry, put antibiotic ointment (like Neosporin) on your toe. Take over-the-counter medicine for pain (like Tylenol or Motrin).

### Surgical

- If you have a lot of redness and pain, your provider might need to remove your toenail. There are 2 ways your nail can be removed: one where your nail grows back and one where it doesn't. Talk to your provider about which option makes sense for you.



Scan here for more health information.



212.545.2400



chnyc.org



Community  
Healthcare Network