



# HARVEY R. DANCIGER, DPM

Advanced Foot and Ankle Care



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## What a Pain in the Toe!

On a regular day, you may not notice your toes at all. However, when an ingrown toenail slowly pushes its edges into the side of your skin, suddenly you are painfully aware of that toe which you would usually never notice. Now you find yourself unable to do basic routine tasks like walking to the mailbox or wearing your favorite pair of shoes.

No more!

Luckily, ingrown toenails are super easy to treat and prevent. So, let's get to the bottom of this pesky nuisance. What exactly are the causes of ingrown toenail? How can you avoid this annoyance? What are your options for treatment?

## Onychocryptosis is its Name

Even though it might sound like the technical name for a sea creature, onychocryptosis is merely the medical term used to describe ingrown toenails. Despite the fancy name, ingrown toenails are a common condition. In short, an ingrown toenail develops whenever the skin on one or both sides of the nail grows over the edge of said nail.

Although ingrown toenails aren't often a cause for serious concern, this condition can become infected (if left untreated) and cause extreme pain. Some instances may be considered as chronic when they keep recurring despite preventative methods.

But all hope is not lost! If you are aware of its causes and you consistently take precautionary steps, the chances of kicking this condition to the curb becomes substantial.



## Common Causes & Preventions

Some of the most common causes for ingrown toenails are:

- 01 Cutting your nails too short or in a curved line (arch).
- 02 Stubbing your toe on the coffee table that always seems to be in the way.
- 03 Ill-fitting footwear – wearing shoes and socks that are too tight, too small, or too short.
- 04 Your toenails are larger than your toes or naturally curved.

## Easy Home Remedies

Even though ingrown toenails can be painful, there are some easy steps you can take at home that will most likely take care of the situation.

**MEET YOUR DOCTOR**

**DR. HARVEY DANCIGER**



Dr. Harvey R. Danciger's practice is founded on three basic principles: trust, caring and a commitment to excellence in podiatry.

We view each patient as an individual. We view our relationship with our patients as a sacred trust and work hard everyday to deserve that trust. Patients come first!

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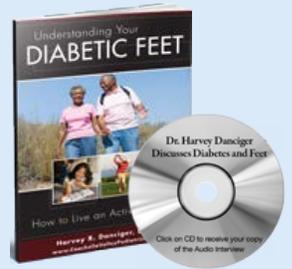
**Leave your toenail alone.** If there is no sign of a serious infection – swelling, painful to the touch, oozing or foul odor, then your best option may be to just let the toenail grow naturally. Keeping in mind, of course, not to constrict the toes and to give them plenty of “breathing room” (i.e.: opt for open-toe shoes and loose-fitted socks).

**Soak your feet.** Just submerge your feet in warm water – you can add a little salt or a mild soap detergent – for a few minutes. Once done, thoroughly pat the area dry with a clean towel, apply antibiotic ointment, and then cover the toe with a bandage. Again, refrain from constricting the area and leave plenty of room for your toes to breathe.

Keep in mind that you should never ignore symptoms of an infection. If an infection is left untreated, a simple ingrown toenail can spread and result in serious complications.

If there is excessive swelling, pain or discharge, the toenail is most likely infected and should be examined by a podiatrist. The good news is, however, that most visits to the podiatrist regarding ingrown toenails are quick, easy, and fairly painless!

**Don't let your toes run your life. Show them who is the boss this February by preventing annoying onychocryptosis! Remember, if you ever have any questions or need expert foot care, come see Harvey Danciger, DPM and his team here at our Palm Desert office. All you have to do is call (760) 568-0108 or fill out our online form to get the help you need today!**



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