

## When Does an Ingrown Toenail Need Professional Care?

An ingrown toenail is not always going to be a huge deal. In many cases, an edge of your toenail that is pushing into and aggravating adjacent skin can be treated rather simply at home.

However, that doesn't mean all cases of ingrown toenails are easy. In certain cases, there can be complications that make it a much wiser choice to come in and let your ingrown toenail be handled by the professionals!

You should never hesitate to contact us about an ingrown toenail if something does not seem right to you. We always want to ensure our patients have peace of mind and are following the best treatments whenever possible!



REQUEST AN APPOINTMENT



### OUR OFFICE

74000 Country Club Dr, Ste A-2  
Palm Desert, CA 92260

VIEW MAP

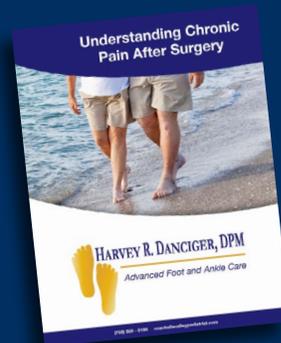
### OUR WEBSITE

[CoachellaValleyPodiatrist.com](http://CoachellaValleyPodiatrist.com)



CALL NOW: (760) 568-0108

### Understanding Chronic Pain After Surgery



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Here are some signs that your ingrown toenail should be evaluated and treated by Dr. Danciger:

- **Your ingrown toenail is too painful to deal with on your own.** You don't need to torture yourself! We have the means to provide more comfortable care. Besides, severe pain is often a sign of an additional problem.
- **Your ingrown toenail is showing signs of infection.** In addition to severe pain, other signs of infection include red, radiating streaks along the toe, a sense of heat to the touch, pus discharge, and fever. (Not all of these signs must be present for there to be an infection.)
- **Your ingrown toenail doesn't improve after a couple days of home treatment.** It's time to consider a more advanced treatment by this point.
- **You have diabetes or a condition that affects your circulation.** Even small problems can turn into big ones if you have a condition that compromises healing in your feet. Always call us when you have trouble, just to be safe.
- **Your ingrown toenails regularly come back.** If you're dealing with ingrown toenails on a consistent basis, that is simply not normal. We can help you find what is causing the problem and address it effectively. This might mean simply changing your trimming habits or footwear. In other cases, a simple surgical procedure to remove the nail may be recommended. (We will of course fully discuss all options with you.)

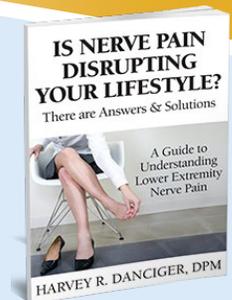
## MEET YOUR DOCTOR

### 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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# Home Treatment for Ingrown Toenails

If your ingrown toenail is mild and doesn't seem to have any of the above factors tied to it, then home treatment is a worthwhile consideration.

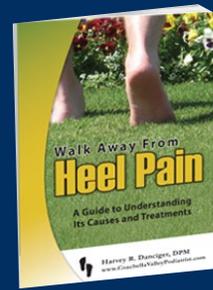
Try these simple steps:

- Place your affected foot in a tub or basin of warm water for 15-20 minutes. Feel free to add some Epsom salts if you wish, but refrain from adding anything that might irritate your skin or cause pain. Soaking will reduce swelling and help relieve tenderness.
- Once finished, gently pat your foot dry with a clean towel.
- When dry, apply antibiotic ointment, then keep covered with a bandage.
- Wear open-toed shoes, or shoes with roomy toe boxes that aren't placing pressure on your toenail.

You can soak your foot several times per day. Whenever you do, make sure to reapply ointment and cover with a fresh bandage.

And once again, contact us if your toe is not looking better after a couple days, and especially if it gets worse.

Want to learn even more about ingrown toenails? [Head over to our website!](#)



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“YOU HAVE  
**COMPLETELY**  
CHANGED  
MY LIFE.”

L. HALLEK - PALM SPRINGS, CA

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# Don't Leave Ingrown Toenails to Their Own Devices



Making sure an ingrown toenail is receiving care—whether at home or with us—is a good way to help prevent infection and other problems from developing. They might just be a part of life sometimes, but that doesn't mean you can't do something about them!

Whenever you need help with an ingrown toenail or any other foot and ankle problem, give us a call at **(760) 568-0108**. Or, if you prefer to contact us electronically, [fill out our online contact form](#) and a member of our staff will respond to you during our normal office hours.

## Sudoku

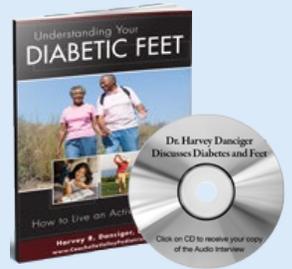
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9	1	8	2	3	4	5	6	7
7	2	4	5	6	8	9	3	1
3	5	6	9	1	7	8	2	4
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2	9	7	8	5	6	4	1	3
4	8	5	1	7	3	2	9	6
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