

Further information

Podiatry Service

Single Point of
Access Contact
Details:

Tel: 0345 602
4064

Email:
SinglePoint.OfCon
tact@nhs.net

Confidentiality

We will not share any information that you give us without discussing this with you first and getting your consent. The only exception to this is if we consider that your life or the wellbeing of someone else could be at risk

Compliments, Comments, and Complaints

We welcome feedback about our services so please contact the Patient Advice and Liaison Service on freephone [0800 7834839](tel:08007834839) or email: elft.palsandcomplaints@nhs.net

If you are not happy with the service and your treatment, please ask to speak to the service manager to try and resolve this. Or contact the PALS team.

If you wish to make a complaint, you can call freephone [0800 085 8354](tel:08000858354)

or email: elft.complaints@nhs.net

or write to:
FREEPOST RTXT-HJLG-XEBE
Complaints Department,
The Green,
1 Roger Dowley Court.
Russia Lane,
London E2 9NJ

Bedfordshire adult and children's community health services are provided in partnership by East London NHS Foundation Trust (ELFT) and Cambridgeshire Community Services (CCS) NHS Trust.



**Bedfordshire
Community Health Services**

Ingrown Toenails

Podiatry Services



Ingrown Toenails

An ingrown toenail (onychocryptosis) occurs when the edge of the nail actually penetrates the skin at the side of the toe.

What are the Causes?

- **Poorly** fitting footwear is the most common cause;
- deformity of the toenail.
- **Diseases** of the nails, such as psoriasis.
- injury, such as stubbing your toe.
- poor cutting of the toenails, which leaves rough or sharp edges to the nail.
- pressure from bedding.

Signs and Symptoms

- **The** skin at the edge of the nail becomes increasingly red and shiny, especially if an infection is developing.
- **The** skin may become swollen and bleed occasionally;
- There may be a discharge from the toe where the nail penetrates the skin;
- As time passes, the toe can become more painful.

Treatment Options

- The key to successful treatment is removing the spike of the nail that has penetrated the skin.
- **In** the early stages, a Podiatrist may do this by trimming the nail edge away and follow this up with advice on the cause of the problem;
- In later stages, removing the nail spike may require a local anaesthetic. The Podiatrist will usually do this, although some doctors may also do this.
- **If** the problem persists, the Podiatrist may recommend corrective nail surgery.

Prevention

The best form of treatment is prevention.

- **Cut** your toenails with a proper pair of clippers rather than scissors.
- **When** cutting the nails, follow the shape of the toe. Don't leave sharp edges or cut excessively down the sides.
- **Don't** cut a V at the end of the toenail. This often-quoted piece of advice makes no difference to the situation.
- don't tear or rip the nail edge.
- **Don't** use nail softening preparations from the chemist. These can make things much worse.
- **Ensure** your hosiery is not too tight.
- Make sure your shoes are the correct fit and that laces or fastenings are secured as they were designed to be.
- adopt a good general programme of foot hygiene – wash daily, dry well and give your feet plenty of fresh air;
- **If** you suspect a problem is developing, seek advice sooner rather than later.

Podiatry Appointment

In order for an appointment to be made, you must be willing and able to attend the podiatry clinic within 18 weeks for an initial assessment.

If you cancel your appointment, one alternative will be offered; if you cancel a second appointment, you will be discharged from the service.

Cancellation on the day of your appointment will be noted as failing to attend, and you may be discharged. If you fail to attend your first appointment without prior notification, you will be discharged.

