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# Ingrown Toenails

## What is it?

An ingrown toenail is where the nail presses into the surrounding skin causing discomfort. They range from a mild and irritating discomfort, to extremely painful causing difficulty with walking and contributing towards infection to the toe.

## How do I know what treatment I need?

A full medical history will be taken into account along with the history of the problem. Your podiatrist will discuss your options with you and a treatment plan will be put in place based on your requirements and needs.





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## What treatments are available?

### Conservative

Conservative treatment is the removal of the offending portion of nail causing discomfort, this can often be done at the initial assessment. Some people find this painless, others not. Depending on the initial cause and severity of the ingrowing nail, this may provide intermediate relief of pain. Not all people are suitable for this treatment as some nails are too deeply embedded or painful and will require a local anaesthetic.

### Footwear Review

Footwear can be a big contributory factor towards ingrown nails, therefore it is important to either bring footwear along or let your podiatrist know what you are wearing most of the time and you will be advised accordingly.

### Nail surgery

Nail surgery is the removal of either part, or the whole of the nail under a local anaesthetic (your toe will be numb). A chemical is applied to the matrix (the matrix is where the nail cells are made) to destroy it, so that the nail/ part of the nail does not regrow.

### Nail removal under an anaesthetic

Nail removal of either the whole or part of the nail under a local anaesthetic, this difference between this and nail surgery is that the chemical is not applied/matrix not destroyed. The nail will regrow. This procedure may be used for example; where someone may have dropped something on their toe which has made it lift and cause pain, requiring the whole nail removing temporarily.

## Prices

- Assessment - £39
- Treatment - £39
- Nail removal under anaesthetic - £100
- Nail surgery 1 toe - £200
- Nail surgery (per extra toe) - £76
- Dressing change - £25

To arrange an appointment for an assessment please e-mail [office@chirobody.co.uk](mailto:office@chirobody.co.uk) or call 0330 088 4222.

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