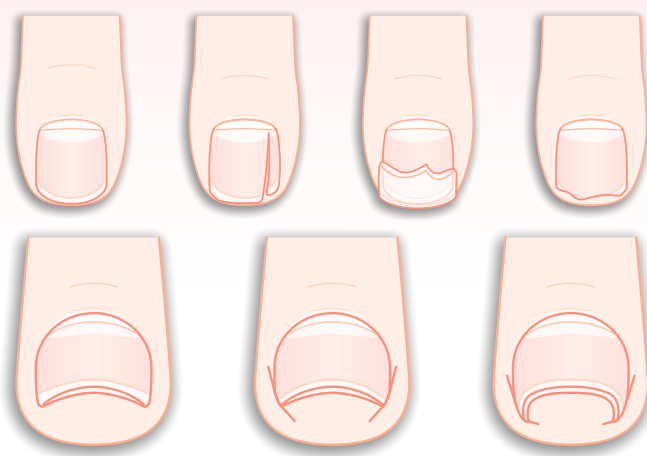


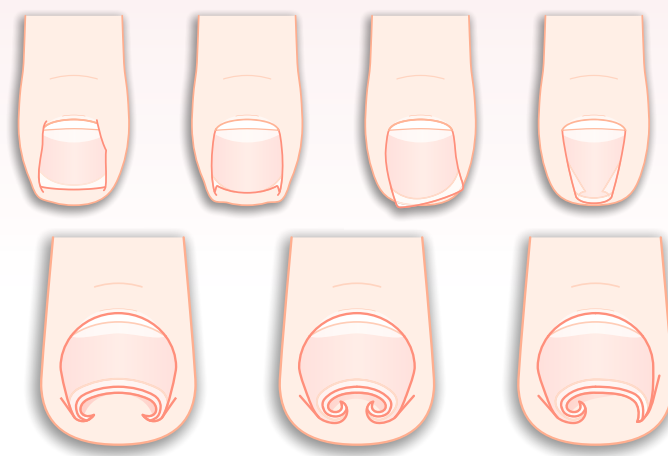
INGROWN TOE NAIL



HEALTHY NAIL



INGROWN NAIL



Overview:

Ingrown toe nails occur when the edges or corners of nails grow into the skin next to the nail. The big toe is most likely to get an ingrown toe nail.

Pre Procedure:

- There are no specific instructions to be followed before the procedure.

During Procedure:

- This is an invasive procedure that usually takes about 10 to 15 minutes. It is performed by the treating doctor with a nurse assisting at all times.
- You will be asked to sign a consent form.
- You are settled comfortably in an area where your privacy is respected throughout the procedure and you are covered with a bed sheet / blanket.
- The affected toe nail is cleaned with Betadine solution.
- Local anesthesia is administered via injection by doctor.
- The doctor then makes an incision and removes the partial nail plate / complete nail plate - Nail Bed is destroyed with the blade.
- A clean compression bandage is applied on the toe nail.

Post Procedure:

- Post procedure, you will be asked to lie down and kept under observation for 10 to 15 minutes.
- You must keep your foot in a raised position for the next one to two days and wear open footwear to allow your toe to heal properly.
- The site has to be kept dry and not wetted till the area has healed. Please do not take bath. Alternately, if required, you may sponge bathe.
- Post procedure, you may be advised pain killers & antibiotics to prevent any infection.
- You may need to come for dressing at regular intervals, based on the condition of the toe nail or as instructed by the doctor. Regular dressing helps faster healing and prevents infection.
- In case you observe soakage or bleeding from the site, contact your doctor immediately.
- There are no dietary restrictions after the procedure.