

Nail Disorders and Treatments

Nail Problems And Their Care



Ingrown Nail Painful ingrown nails may be congenital, caused by an overcurvature of the nail, or an imbalance between the width of the nail plate and the nail bed.

Toe injuries that change the nail's contour also can lead to an ingrown toenail. Toe deformities (such as a bunion that forces the big toe to lean toward the second toe), high-heeled or narrow, pointed shoes can put pressure between the nail and soft tissues, eventually forcing the nail to grow into the skin.

Symptoms: Redness, swelling and infection make the toe very painful.

Ingrown nails can be accompanied by other toe disorders, such as excess surrounding tissue or an outgrowth of bone beneath the nail.

Treatments for the Ingrown Nail Surgery is often necessary to ease the pain and remove the offending nail. Only a portion of the nail may be removed. If the entire nail is affected or there is a severe nail deformity, the nail plate and matrix (the cells that grow the nail) may be completely removed



Fungal Infections Various types of fungi are present everywhere in the environment. The dark, moist surroundings created by shoes and stockings make the feet especially susceptible to fungal infection.

Most fungi are harmless until they penetrate the skin. A fungus can invade through minor cuts, or after injury or repeated irritation to the toes have caused the nail to separate from the bed.

Symptoms: Fungus may cause the nail to thicken and become yellow or brownish. As the fungus grows, foul-smelling, moist debris can be seen. Pressure from a thickened nail or the build-up of debris may make the toe painful.

Treatments for Fungal Infections Treatment is best begun at the early stages of infection. The accumulation of debris under the nail plate can lead to an ingrown nail, or to a more serious bacterial infection that can spread beyond the foot.