

Your Weekly Medical Advice

by Dr Pilate Ntsuke

"Committed to the care of our patients and community"


euroa medical

Clinic Hours

Monday – Friday 8am-6pm

Saturday 9am – 5pm

Phone (ALL HOURS) 5795 2011

Emergency clinic

Sundays and public holidays 9am – 11am

(in our rooms @ Euroa Health)

Phone 5795 0200

Ingrown Toenails

An ingrown toenail occurs when the edges of the toenail dig into the skin next to the nail. This can often lead to infection causing pain, redness and swelling of the affected toes. Any toes can have ingrown toenails, but the big toes are most commonly affected.

Home remedies for ingrown toenails involve regular soaking of the toes in warm water, followed by using a cotton bud to lift the sides of the affected nails off the skin. If home remedies are unsuccessful, or the ingrown toenails are infected, it is advisable to see your doctor. Apart from prescribing antibiotics for infected ingrown toenails, your doctor may perform a minor procedure to remove part of the nail.

Prevention of ingrown toenails includes wearing roomy shoes and proper nail cutting techniques.

We would appreciate your feedback or topics you would like to hear about at business.manager@emfp.com.au