



In this issue: Ingrown Nails, Clinic Happenings: Floresville Appointments Available!, Healthier Halloween Treats, Foot Funnies, It's Fun to be a Follower!, Free Book Offer, Blog Post Updates and more.

CASE OF THE MONTH:

INGROWN NAILS

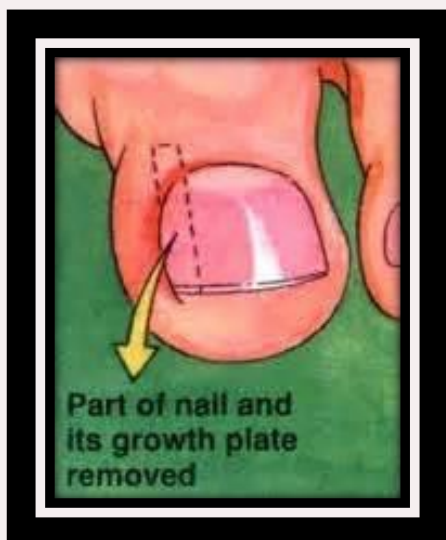
Summer is gone, and Fall is here! We're putting on football cleats and tennis shoes, and many of us are finding that wearing closed-toe shoes can be painful! At our clinic, we start to get more calls from people suffering from ingrown nails this time of year. An ingrown nail is the most common nail problem that we treat. Ingrown nails have corners or sides that dig into the soft tissue of the toe, often making the toe red and swollen and extremely painful. Usually, toenails grow straight out. But when they don't, people really suffer. The big toe is usually the one most affected, but any toenail can become ingrown.

What causes ingrown nails?

- Improperly trimmed nails
- Heredity
- Shoe pressure; crowding of toes
- Repeated trauma to the feet from normal activities

What are the symptoms?

- Pain
- Redness and swelling
- Drainage
- Odor
- Prominent skin tissue (proud flesh)



What should I do if I have an ingrown nail?

If you think you have an ingrown nail, soak your foot in warm salt water, then apply an antiseptic and bandage the area. You should see a podiatrist immediately if any drainage or excessive redness is present around the toenail. Also, if a short trial of home treatment has not resulted in improvement of the condition, give us a call.

People with diabetes, peripheral vascular disease, or other circulatory disorders must avoid any form of self-treatment and seek podiatric medical care immediately at the first signs of an ingrown toenail. Other "do-it-yourself" treatments, including any attempt to remove any part of an infected nail or the use of over-the-counter medications, should be avoided.

What will Dr. Silvester do to treat my ingrown nail?

Dr. Silvester will numb up the toe, remove the ingrown portion of the nail and will likely prescribe antibiotics for the infection. This procedure is called a Nail Avulsion. If ingrown nails are a chronic problem, and a more permanent solution is desired, he can do a Matrixectomy. This means he will remove the part of the nail that is ingrown and permanently kill the root of that portion of the nail.

Will that hurt?

As with all surgical procedures, some discomfort is likely. The question is, is your pain bad enough *with* the ingrown nail that you need relief? If so, the discomfort you have during the anesthesia injection and during recovery will be less than the pain you have with the ingrown nail. Most people fear the injection used to numb the toe. We use several protocols during the injection to minimize the pain: we inject the proper place in the toe, we use sodium bicarb in the injection to neutralize the acid in the anesthetic which otherwise stings, we use the smallest needle possible, and we can use cold spray if the patient wants.

To see Dr. Silvester explain how we make things less painful, go to:

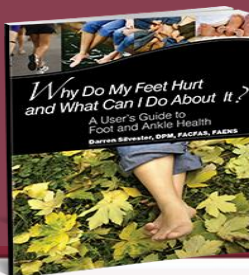
<http://www.youtube.com/watch?v=umrGiGHKq4A>

What can I do to prevent ingrown nails?

- Trim toenails properly: cut them straight across, not longer than the tip of the toes. Do not dig into corners and only gently round off corners with a nail file. Use toenail clippers.
- Avoid shoes with pointy or narrow toe boxes.
- Never rip or tear edges of nails

So enjoy your Fall, and the shoes the cooler weather brings. Ingrown nails are a painful condition that is easily treated. Don't hesitate to call if we can help. **Yours in Good Health,**

Dr. Silvester



Now serving the Floresville area
Call 830-569-3338 for an appointment.

Have you read our book, ***“Why Do My Feet Hurt and What Can I Do About It?”*** ?
Request your **FREE COPY** at www.silvesterfootclinic.com Today!



Photo: Fun Only On: www.FunnyLoves.com

Fun Foot Fact:

The ancient Romans were the first to construct distinct Right and Left shoes. Before that, shoes were worn on either foot.

It's Fun to be a Follower!

Follow us on Facebook, Twitter, Linked-In, Pinterest and YouTube. Access them from our website www.silvesterfootclinic.com, or log on to each one and search for Next Step Foot & Ankle Clinic. What a fun resource for foot health tips, foot funnies, nail art, healthy recipes, motivation and much, much more
Happy Following!

Check out our Latest Blog Posts at www.silvesterfootclinic.com:

- Preventing Blisters
- Charcot Foot
- Stretch to Reduce High Arch Pain
- Sesamoiditis
- Quick Stretches to Relieve Toe Pain

LIKE US ON



Clinic Happenings

We now offer limited clinic hours in Floresville in conjunction with Connally Memorial Medical Center. Call us at our regular clinic number to make an appointment and **SPREAD THE WORD!**

Healthier Halloween Treats

Cut some of the sugar out of your Halloween treats. Check out these ideas recently pinned on our **Just for Fun Pinterest Board!**

HOT DOG MUMMIES



Ghoulish Treats



Clementine Pumpkins

Mummies are made with pre-made crescent roll dough, hot dogs and a few dabs of ketchup for the eyes. A celery stick in a peeled clementine is super easy. The kids are sure to love them! <http://www.listotic.com/64-non-candy-halloween-snack-ideas/>