



## RING IN THE NEW YEAR, GET RID OF YOUR INGROWN TOENAIL FOREVER!

Many patients come into the clinic with chronic ingrown toenails. This type of ingrown toenail usually is not infected, just chronically painful. Sometimes the patient does not even associate pain in the toe with the ingrown nail. Usually, these patients do a lot of home surgery by trimming the nail borders to alleviate pressure on the skin. This usually gives them relief for a few weeks and then the nail comes back and the whole process starts all over again.

### WHY CHOOSE NEXT STEP FOOT & ANKLE CLINIC FOR YOUR INGROWN NAIL TREATMENT?

**FIRST:** We use five techniques to make the injection to numb the toe nearly painless. These techniques have been developed from experiences with patients over many years. Most of the time, our patients are very surprised at how little the injection hurts.

**SECOND:** Same day treatment as appointment.

**THIRD:** We use several techniques to lower recurrence rates of ingrown toenails and speed healing. There are two ways to get the toenail out of the skin. The first procedure is called **Nail Avulsion**. This procedure leaves the nail root intact and the nail regrows 100% of the time. This heals very quickly but is only a temporary fix. The second procedure is a **Matrixectomy**. This procedure removes a portion of the nail root so the nail in that area stops growing. This usually resolves the problem permanently but the nail can regrow sometimes after this procedure. To prevent the root growing again, a chemical is applied to the root of the nail after the nail border has been removed. At Next Step Foot and Ankle Clinic we take it one step further. We also use a Hyfrecator to remove the dead tissue in the root area. We have noticed since using this device our nails heal faster and have a lower recurrence rate of ingrown toenails.

### WHAT IS THE RECOVERY LIKE FOR AN INGROWN NAIL?

**DAY ONE:** Go home and keep the foot elevated. Take Tylenol or ibuprofen for pain if needed. After that, just avoid tight shoes and activities that put stress on the toe. You have to keep a Band-aid and some medicine on the toe for a few (usually 3) weeks. By three weeks the toes are usually healed.

So if you or someone you love have an ingrown nail or toe pain that may be an ingrown nail give us a call. We can get them out with minimum pain and fuss.



*Symptoms of Chronic Ingrown Toenail*

- Pain
- Pressure
- Difficulty with using closed toed shoes
- Problems with activity



**Darren J. Silvester, DPM**

Next Step Foot & Ankle Clinic Podiatrist

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13525 Centerbrook, Suite 104, Universal City, TX 78148 Phone: 210.375.3318 Fax: 210.257.6931

409 N. Bryant St. Pleasanton, Texas 78064 Phone: 830.569.3338 Fax 830.569.6833



Darren J. Silvester, DPM

#### Patient Portal

Don't forget to use the patient portal to send secure communications to our office.

#### How to use our clinic patient portal:

Click the Patient Portal button on our web site to login to the Patient Portal. You may access this from your computer or mobile device. You will be routed to the main login screen. Thanks So Much!

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