



Darren J. Silvester, DPM



In this issue: Ingrown Toenails, Project MEND Campaign, Foot Fractures and Osteoporosis, Blog Post Updates and more.

August 2017

New Technique for Ingrown Toenails at Next Step Foot & Ankle Clinic

Ingrown toenails are scary. They hurt a lot. They make putting shoes on a misery. If someone steps on toes with ingrown toenails it can be excruciating. Many people have horror stories about seeing a doctor when they have an ingrown toenail and suffering a great deal from their attempt at fixing it.

We also hear at least once per week of people who have had their ingrown nails treated only to have them recur. At Next Step Foot and Ankle Clinic, we have developed a protocol to take care of these little rascals for good--without all the drama. Here are the top five reasons you should consider seeing us if you have an ingrown nail.

First: **Quick service.** We try to schedule same day appointments for infected ingrown toenails.

Second: **The injection.** The toe has to be numbed up to get the nail out. Let's face it, this is what everyone fears. But we have developed **five** techniques we use on every ingrown nail injection to make the process nearly painless. I have done it to myself just to make sure (I don't have an ingrown nail, I just wanted to see what it felt like). Almost everyone comments on how little pain they have during the injection. It is especially rewarding to have a patient who has had a previous nail surgery elsewhere. They are always pleasantly surprised at how easy our injections are.

Third: **Minimal nail disruption.** One fear many people have is that the whole nail has to be removed or destroyed. Usually only the borders of the nail are removed. Most of the nail remains and usually grows normally.

Fourth: **Permanent procedure.** If possible, we try to get rid of the offending part of the nail permanently. Other physicians do this as well, but at Next Step Foot & Ankle Clinic we use two techniques on every patient. First a chemical, which almost every doctors office uses, to destroy the root so no further nail is produced where the chemical is applied. **Second, NEW at Next Step Foot & Ankle Clinic, we use heat for the destruction of the dead root cells.** This makes the toe heal faster because the body does not have to clean up all the dead cells in the root. The toe heals quickly without too much fuss.

Five: **Ease of post op care:** We just tell you to use things you probably already have in your medicine cabinet. You don't need to buy something extra from us or spend a lot of money at the pharmacy.

Stop the pain of an ingrown toenail and make your appointment today! You'll be glad you did.



Darren J Silvester, DPM

Next Step Foot & Ankle Clinic Podiatrist



Join Next Step Foot & Ankle Clinic in collecting used medical equipment for ProjectMEND. ProjectMEND is committed to improving the quality of life for veterans, children, and low-income seniors living with disability and illness through the refurbishment, reuse, and distribution of medical equipment.

Please donate the following used items:

- Cam Walkers
- Wheelchairs
- Crutches
- Knee Scooters
- Adult Diapers
- Shower Chairs
- Ankle Braces
- Canes

Collection area located in the lobby at each location from August 15 to September 15, 2017.

www.ProjectMEND.org

A Better Way
to Treat
Neuropathy



Have you requested our FREE Book
"A Better Way to Treat Neuropathy"?
[Click Here](#)

Recent Blog Articles

[When the Bone Breaks: Healing Foot & Ankle Fractures Properly](#)
[Stress Fractures: Cracked Weight Bearing Bones](#)

Check out our BLOG on
www.NextStepFoot.com

www.NextStepFoot.com

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

Congratulations to
Mr. & Mrs. Barham
We wish many
years of happiness
to them!



Your Next Step For Healthy Feet: www.NextStepFoot.com



Fractures



Foot Fractures Can Signal Osteoporosis

Unexplained foot pain or foot fracture can actually be an early sign of osteoporosis, a bone-thinning disease that weakens bones and can lead to fractures or breaks.

Osteoporosis often progresses without any symptoms or is not diagnosed until a person experiences pain from a bone fracture. Bones with osteoporosis are in a weakened state, and normal weightbearing actions, such as walking, can cause the bones in the foot to break. Many of the patients who come to our office with foot pain find out they actually have a hairline break in the bone (stress fracture), without having experienced an injury.

While osteoporosis is most commonly seen in women over age 50, younger people and men are also affected. Early symptoms can include increased pain with walking accompanied by redness and swelling on the top of the foot.

If you are living with osteoporosis, it is important to protect your feet from stress fractures. Our office recommends the following to keep your feet safe and comfortable:

1. **Wear shoes designed for the exercise or sport.** Athletic shoes that support your arch and cushion the heel are the best to wear. Custom orthotics may also help provide extra support and shock absorption.
2. **Start new workouts gradually.** Be sure to stretch or warm up for your workout and start new exercise routines gradually. Increase your exercise intensity by only 10 percent each week. If your feet get sore, use rest, ice, compression and elevation (RICE).
3. **Protect your feet from bacteria.** Sweaty shoes and public showers at the gym are breeding grounds for bacteria, including resistant strains like MRSA. Never go barefoot while in public areas, and be sure to cover cuts and cracks in the skin or ingrown toenails to help keep out germs. If you have a cut or scrape that becomes infected and does not heal in a timely manner, call our office to have it examined.

If you are suffering from unexplained foot pain, schedule an appointment with our office for a proper diagnosis.



At Next Step Foot & Ankle
Clinic, we provide
Foot Care for
Children, Teens, & Adults.



Treating All Foot & Ankle Injuries

from Sprains to Complex
Fractures & Joint Replacement

LIKE US ON

