

HKSH Orthopaedic & Sports Medicine Centre

Happy Valley

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Service Hours

Monday to Friday: 10:00 am – 6:00 pm
Saturday: 11:00 am – 3:00 pm
Closed on Sundays and Public Holidays
by Appointment



Ingrown Toenail



For enquiries and appointments,
please contact us

What Is Ingrown Toenail?

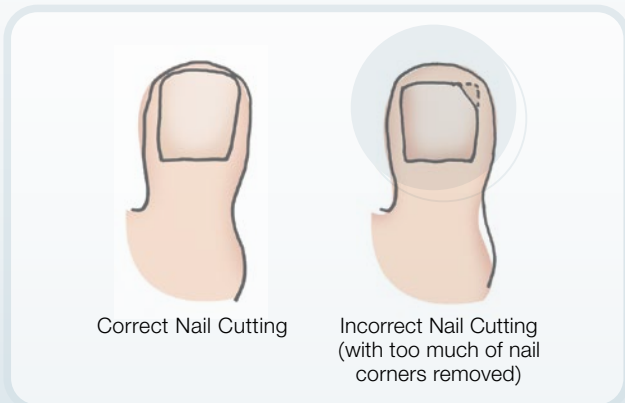
There is a small gap between the nail edge and skin of normal toes. Ingrown toenail occurs when the adjacent skin and soft tissue move over the nail plate. As the nail grows, the nail plate also grows into the soft tissue, causing damage and bacterial infection.

Ingrown toenail commonly occurs in big toes with various causes. Many people have their nails cut short so as not to tear the socks. If too much of the nail edge and nail corners is removed, the skin and soft tissue next to the nail will get above the nail plate. Another common cause is wearing shoes with narrow toe boxes.



Prevention

- Do not cut the nails too short
- Do not remove too much of the nail corners
- Avoid wearing shoes with narrow toe boxes



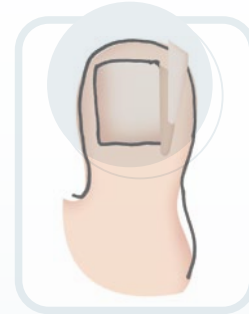
Treatment

If the infection is not serious, ingrown toenail is treated with antibiotics and the wound is cleaned. Once the infection is controlled, the nail should be allowed to grow out of the soft tissue. If the infection is severe or persistent, both antibiotics and surgery are required.

The Operation

Wedge Excision of the Nail:

- Performed under local anaesthesia
- Removes the swollen and inflamed tissue
- Makes an oblique incision at the base of the nail
- Removes part of the nail plate and nail bed
- Requires continuous dressing of the wound until it heals



Possible Complications

- Excessive bleeding: To avoid excessive wound bleeding, lie flat for 15 to 30 minutes after the operation
- Recurrence of ingrown toenail