




Emergency care of Infected Ingrowing Toenail

	<p>SOAK FEET</p> <p>Lukewarm water Add one table spoon Savlon antiseptic in water. Soak toe for 15 minutes Repeat at least 3-4 times a day if possible. After soak, dry toes gently.</p>
	<p>APPLY CREAM</p> <p>After drying toes, apply Fucidin antibiotic cream on side of nail fold. it is only available on prescription from your Gp. Alternatively you can use SAVLON cream available from the chemist. Gently rub the cream into bad area of toe.</p>
	<p>BANDAGE</p> <p>Apply a bandage around the toe until next soak. Wear open ended sandals or loose shoes to avoid pressure.</p> <p>Take painkiller or ibuprofen as required. If toe gets very red and swollen or appears to be getting worse, see doctor or nurse. Treatment should continue for 3 -4 weeks before review.</p>



LONG TERM CARE OF INGROWING TOENAIL



Soak the foot in warm water four times a day. You do not need to add soap or antibacterial agents to the water.

Wash the foot, including the affected area, twice a day with soap and water. Keep the foot clean and dry during the rest of the day.

Do not wear high heels or tight-fitting shoes. Consider wearing sandals, if appropriate, until the condition clears up.

Try to lift the corner of the nail that is digging into the skin. Take a small piece of cotton and roll it between your fingers to form a small roll or wick. Use a tweezer or toothpick and place the roll between the nail and the skin to keep it elevated. This is painful but is the most important part of home treatment. After every soaking, try to push the roll a little further in. This can be conveniently done at least every night before going to bed.