

Mind your toenail clippers

Trimming too low is one cause of annoying ingrown toenails

SOT

Dr. Marc Leonard, OSF HealthCare podiatrist

“Bicyclists wear very tight shoes. They clip onto the bike. The shoes are very unforgiving. The person is getting extra pressure on the side of the toes. It can definitely contribute to ingrown nails.” (:15)

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Dr. Marc Leonard, OSF HealthCare podiatrist

“If their blood sugar is not under control, the infections from ingrown nails can get severe quickly. Sometimes there can also be circulation problems with diabetics.” (:11)

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“We might trim out the side of the nail. That’s the easiest way to treat it. In other situations, we have to numb the toe and take out the side of the nail.” (:09)

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“We’ll actually kill the side of the nail. We’ll put a chemical in the base of the toe to kill the root. That eliminates growth of the nail on the side.” (:12)

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“For most people, probably once a month or once every couple weeks.” (:03)