

Mind your toenail clippers

Trimming too low is one cause of annoying ingrown toenails

Run time - :23

ANCHOR LEDE: Is your toe sore to the touch? Is the skin around the nail puffy or red? An ingrown toenail may be to blame. Tim Ditman of OSF HealthCare tell you how to avoid them.

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OSF podiatrist Doctor Marc Leonard says ingrown toenails are often a product of too-tight footwear or trimming your toenails too low.

There are a few ways to treat one.

**\*\*\*SOUNDBITE\*\*\***

**Dr. Marc Leonard, OSF HealthCare podiatrist**

**“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)**

I’m Tim Ditman.

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ANCHOR TAG: And you may be wondering: so how often should I trim the piggies? Doctor Leonard says one or two times a month. But if you have a history of toe problems, talk to a doctor about the right regimen.