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INGROWN NAILS

At **Bellarine Foot and Ankle Clinics in Leopold, Portarlington and Leopold** we specialise in the treatment of ingrown toenails. Ingrown toenails, or onychocryptosis, can be extremely painful especially when there is an underlying infection. Your Podiatrist will carefully assess your nail to determine the appropriate treatment option for you. Often these painful presentations can be corrected using conservative measures, however if it is deemed that a surgical approach is required your Podiatrist will discuss the procedure with you in detail. If antibiotics are required to settle your infection prior to surgery, we will contact your GP to arrange this.

The surgical management of in-grown nails is an in-clinic procedure performed under local anaesthetic under best-practice (aseptic technique) surgical conditions.

A **Partial nail avulsion with germinal matrix ablation** is the surgical procedure employed by our Podiatrists if your ingrown nail is unable to be managed conservatively. After your digit is anaesthetised with local anaesthetic, the edge of the nail is removed, and a special chemical is applied to the germinal matrix to cauterise the cells that make the nail at its edge. This permanently solves your problem and guarantees the prevention of re-growth. You will leave the consultation with written instructions that details how to look after your toe at home while it heals. Healing time is typically 2-4 weeks.

At Bellarine Foot and Ankle Clinic we have undertaken more than 1500 of these surgical procedures so you are in confident and experienced hands.



Partial Nail Removal