

FOOT & ANKLE ASSOCIATES

Are Your Shoes Causing INGROWN TOENAILS?

Many types of shoes put pressure on the toes, and on a consistent basis, this can cause toenails to become ingrown. Some shoes that might be a problem are shoes that are too tight, pointy-toed shoes, high heels, or shoes without an adequate toe box.

Light athletic shoes are the ideal shoes for most foot types. They're breathable, don't cause damage due to their weight, and offer sturdy support.

Of course it isn't always possible to wear athletic shoes, especially if your workplace has a dress code, but another thing you can do is spend your time at home being barefoot. The natural foot can thrive and breathe, at least during your down time.

(281) 397-3487

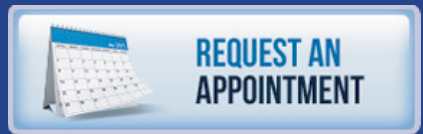
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HOME REMEDIES:

For mild cases of ingrown toenails, you can relieve tenderness and prevent it from getting worse by doing some of the following at home.

1. Soak your feet in warm water and Epsom salt to relieve inflammation. Domeboro Astringent Solution works as an anti-inflammatory, too.
2. Trim your nails properly.
3. The cotton method is best for mild cases of ingrown toenails.
 - Soften and relieve pain by soaking your feet.
 - Disinfect the toe with rubbing alcohol.
 - Wedge a small piece of cotton between your toenail and the skin.
 - Leave overnight.
 - If problems persist, repeat.
 - If problems persist after several days, see a podiatrist.
4. Put Neosporin or another antibiotic ointment on the ingrown toenail.
5. Don't play surgeon! You could cause an infection and make things worse.



Be sure to inquire about our gift of

\$25

toward your first visit.

*excludes insurance co-pays' under \$25 toward your next visit.

If you have diabetes, it's especially important to take good care of your feet, so it's best to see your Sugar Land – Houston, TX podiatrist immediately when you discover a problem. If you aren't sure and would like to talk to an expert, The Foot Pros are your Sugar Land and Houston, TX area foot specialists! We provide fast, professional service and even offer same day appointments. Give us a call at **281.607.5186** and put your feet in the hands of a pro!

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