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TIPS TO HEAL INGROWN TOENAILS

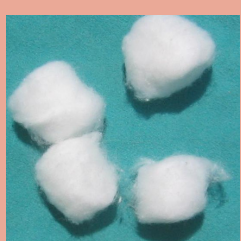


Hugar Foot & Ankle Specialists
Comprehensive Foot and Ankle Care



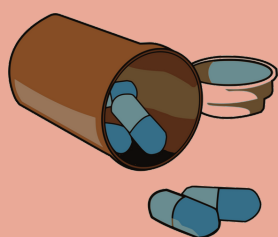
SOAK YOUR FEET

Soaking your feet in warm water can help your toenails feel better physically, is self-soothing, and acts as a stress-relief.



ELIMINATE SKIN FROM TOENAIL EDGE

After soaking your feet, use a cotton ball and gently push the skin away from the toenail to relieve pressure.



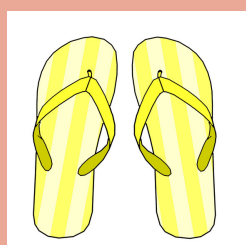
OTC MEDICINE

When necessary, use OTC (over-the-counter) medication to temporarily reduce pain and discomfort.



APPLY TOPICAL OINTMENTS

Applying topical medication to the infected toenail area will help prevent further infection to destroy harmful bacteria.



WEAR OPEN-TOE SHOES

For proper healing, try not to wear closed-toe shoes that can cause irritation. Instead, opt for sandals, slippers, or gym shoes.