

# Ingrown toenail

Also called: onychocryptosis

A condition in which the corner or side of a toenail grows into the flesh.

## Very common

More than 3 million US cases per year

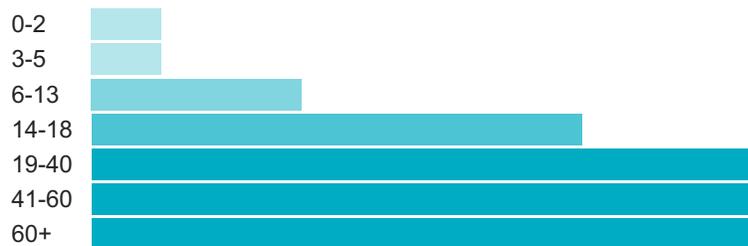
-  Treatable by a medical professional
-  Usually self-diagnosable
-  Lab tests or imaging not required
-  Medium-term: resolves within months

The condition usually affects the big toe. People who have diabetes are at greater risk of complications.

Pain, redness, and swelling can occur at the affected nail.

Lifting or removing the toenail can help. Antibiotics might be needed.

## Ages affected



## Symptoms

### Usually self-diagnosable

Pain, redness, and swelling can occur at the affected nail.

### People may experience:

**Common symptoms:** redness, swelling, tenderness, or limping

## Treatments

### Treatment consists of self care

Lifting or removing the toenail can help. Antibiotics might be needed.

### Self-care

**Warm soak:** Soothes painful muscles or joints and can help drain skin infections.

**Better fitting footwear:** Relieves pressure points on the foot.

### Surgery

**Matricectomy:** Procedure to destroy all or some of the cells at the base of the nail to prevent the nail from growing.

**Nail surgery:** Removal of all or part of the nail.

## Medications

**Analgesic:** Relieves pain.

- Acetaminophen (Tylenol, Mapap, Feverall, Acephen, and Nortemp)

**Narcotic:** Relieves pain, dulls the senses, and causes drowsiness. May become addictive.

- Acetaminophen / Codeine (Tylenol-Codeine #3, Capital with Codeine, and Tylenol-Codeine #4)

## Specialists

**Primary care provider (PCP):** Prevents, diagnoses, and treats diseases.

**Podiatrist:** Treats disorders of the foot.

**Dermatologist:** Focuses on disorders of skin, nails, and hair.

Consult a doctor for medical advice

Note: The information you see describes what usually happens with a medical condition, but doesn't apply to everyone. This information isn't medical advice, so make sure to contact a healthcare provider if you have a medical problem. If you think you may have a medical emergency, call your doctor or a emergency number immediately.

**Sources:** Mayo Clinic and others. [Learn more](#)