

Sick of ingrown nails?



If your nails head off in the wrong direction, here's what to do

Ingrown nails can be caused by several factors - bad cutting, tight shoes and hereditary nail shape. As a general rule all nails should be cut straight across level with the end of the toes. This way the nail edges can be seen, and the nail provides protection for the sensitive end of the toe.

If nails are cut down the sides, or have a naturally occurring curved edges then the forward growing edge can cut through the skin and allow an infection to develop. Antibiotics will clear an infection, however it is the piece of nail that has to be removed to resolve the problem.

Podiatrists can painlessly remove the offending piece of nail under local anaesthesia then restrain the growth of the nail so the problem does not re-occur.

If the ingrown problem persists a podiatrist can once again provide a permanent cure.

They will remove the offending nail edge under local anaesthesia and apply a chemical so that section of the nail never grows. This way a cosmetically acceptable portion of the nail is retained but no stitches, crutches and/or antibiotics are required for the procedure.

The procedure is also relatively fast healing with minimal pain and roomy footwear able to be worn immediately.

It is an excellent procedure, for children or adults with a guaranteed result from your podiatrist.

Comfort & Fit are happy to recommend a podiatrist in your area, all you need to do is ask.

Alternatively you can telephone one of our stores to arrange a time to receive some free advice as we have podiatrists in-store every week.



Five Melbourne Stores: Head Office. Bentleigh: 357 Centre Rd. ☎9557 7520 Frankston: 15 Thompson St. ☎9770 5044

Glen Waverley: 58 O'Sullivan Rd. ☎9886 5399 Greensborough: 63 Main St. ☎9432 6344 Niddrie: 368 Keilor Road. ☎9374 4011

©1996, Copyright, Pollock Podiatry Group Pty Ltd. The Original Comfort & Fit. Also available: Orthotics, Bunions, Sports Feet, Heel Pain, Corns, Children's Feet, Flat Feet.