

## Ingrown Toenail

### Introduction:

Inflammation of the soft tissue around the toenail resulting from the growth the edge of the nail into the tissue, producing a foreign body reaction.

### Treatment:

**Mild:** Packing the tissue away from the nail (with a cotton pledget), until the nail has grown beyond the edge of the covering skin. Have the patient soak the foot in warm saline several times daily.

**More severe and recurrent:** Part of the nail must be removed.

### Indications:

- Chronic and recurrent paronychia
- Failure of optimal conservative therapy
- Fungal infection of toenail
- Severe pain

### Contraindications:

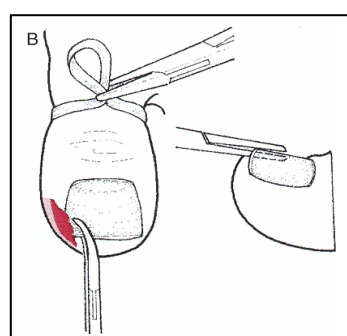
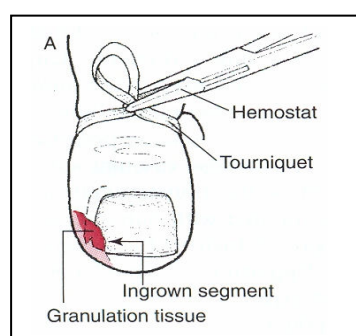
- Decreased vascular supply to the toe

### Equipment:

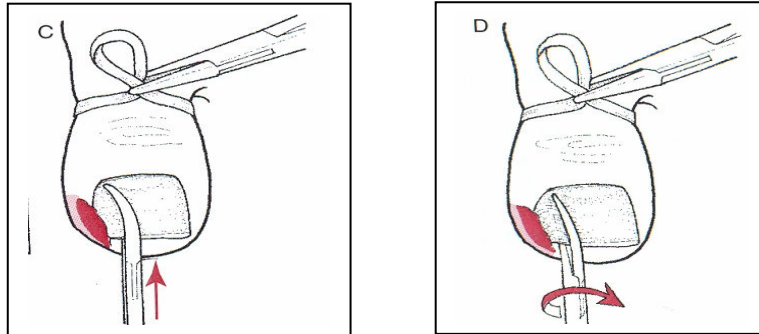
- Sterile prep solution
- Sterile gloves
- Lidocaine 1% (less than 1.5 ml)
- Syringe
- Rubber band
- Curved hemostat
- Scissors or nail splitter

### Surgical Technique:

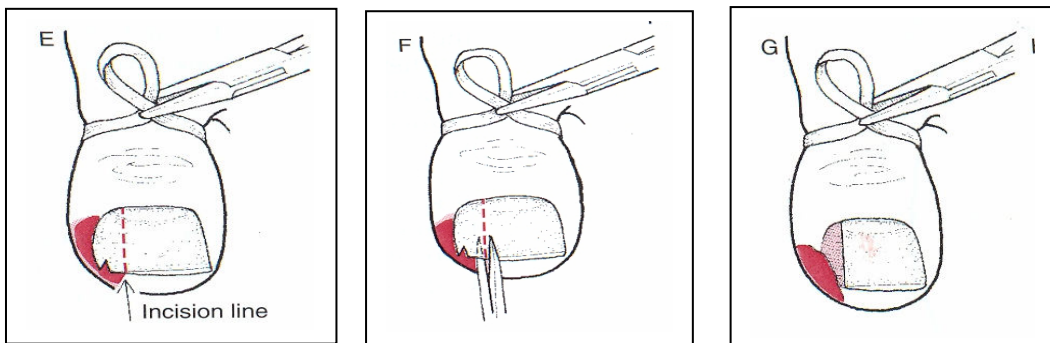
1. Place a tourniquet. (A)
2. Place one jaw of the hemostat above the nail plate and one jaw beneath the nail plate. (B)



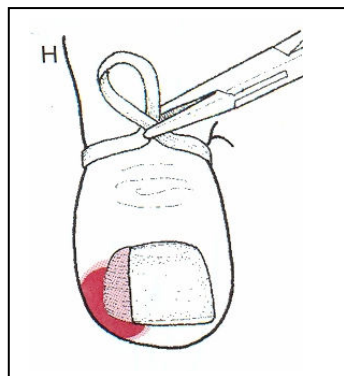
- ϣ. Advance the hemostat toward the base of the nail plate.(C)
- ε. Rotate the hemostat to elevate the edge of the toenail. (D)



- ο. Determine where to cut the nail plate. (E)
- ϛ. Cut the nail plate with a heavy scissors or a nail splitter. (F)
- Ϝ. The lateral one-fourth of the nail plate has been removed. (G)



- λ. The granulation tissue has been trimmed away. (H)



- Ϡ. Dress the toe with bandage.
- ϡ. Advise the patient to elevate the leg, wear comfortable shoes (slippers).

# Checklist for Surgical Technique of Ingrown Toenail

၁. Checks patient's name and hospital number
၂. Assembles correct equipment in the tray
၃. Greets and introduces oneself to the patient
၄. Explains procedure and gets verbal consent
၅. Washes hands
၆. Uses mask , gown and gloves
၇. Preps and drapes the site
၈. Anethetizes the toe : <ul style="list-style-type: none"><li>• Injects ၁% Lidocaine in dorsolateral aspects of the toe</li><li>• Injects ၁% Lidocaine around the base of the toe circumferentially</li></ul>
၉. Places a sterile rubber band around the base of the toe
၁၀. Makes a linear incision : <ul style="list-style-type: none"><li>• Place one jaw of the hemostat above the nail plate and one jaw beneath the nail plate.</li><li>• Advance the hemostat toward the base of the nail plate.</li><li>• Rotate the hemostat to elevate the edge of the toenail.</li><li>• Determine where to cut the nail plate.</li><li>• Cut the nail plate with a heavy scissors or a nail splitter.</li><li>• The lateral one-fourth of the nail plate has been removed.</li><li>• The granulation tissue has been trimmed away.</li></ul>
၁၁. Removes the rubber band
၁၂. Cleans the skin and dresses with bandage
၁၃. Advices the patient to elevate the leg and wear comfortable slippers
၁၄. Thanks and listens to the patient's questions