



# A Brief Discussion on Ingrown Nail

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## Editorial

An ingrown nail, also known as onychocryptosis, is a common condition that occurs when the nail grows into the surrounding skin. It is often caused by a nail that is cut too short or by a nail that is curved. The condition can be painful and may lead to infection if not treated properly. Treatment options include nail removal, nail surgery, and the use of antibiotics. In severe cases, a podiatrist may be consulted for further treatment [1].

A common cause of an ingrown nail is a nail that is cut too short. When the nail is cut too short, the edges of the nail can grow into the surrounding skin. This can cause pain and discomfort. Another common cause is a nail that is curved. As the nail grows, it can curve inward and grow into the skin. This can also cause pain and discomfort. Treatment options include nail removal, nail surgery, and the use of antibiotics. In severe cases, a podiatrist may be consulted for further treatment [2].

Prevention of an ingrown nail is possible. One way to prevent an ingrown nail is to keep the nails trimmed properly. Nails should be cut straight across and not too short. Another way to prevent an ingrown nail is to avoid wearing tight-fitting shoes. Shoes that are too tight can cause the nails to grow into the skin. Additionally, it is important to keep the feet clean and dry. This can help prevent infection. If you notice any signs of an ingrown nail, it is important to seek medical attention as soon as possible.

In some cases, an ingrown nail may be caused by a fungal infection. Fungal infections can cause the nail to become thick and distorted. This can lead to the nail growing into the skin. Treatment options include antifungal medication and nail surgery. In severe cases, a podiatrist may be consulted for further treatment [3]. Maintaining good foot hygiene is important for preventing fungal infections. This includes washing the feet regularly with soap and water, and keeping the feet dry. Additionally, it is important to avoid wearing shoes that are too tight and to avoid walking barefoot in public places.

So, to prevent an ingrown nail, it is important to keep the nails trimmed properly, avoid wearing tight-fitting shoes, and keep the feet clean and dry. If you notice any signs of an ingrown nail, it is important to seek medical attention as soon as possible. In some cases, an ingrown nail may be caused by a fungal infection. Fungal infections can cause the nail to become thick and distorted. This can lead to the nail growing into the skin. Treatment options include antifungal medication and nail surgery. In severe cases, a podiatrist may be consulted for further treatment [3].