



A Brief Discussion on Ingrown Nail

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Editorial

An ingrown nail, also known as a paronychia, is a common condition that occurs when the nail grows into the surrounding skin. It is often caused by a fungal infection or a bacterial infection. The condition is characterized by pain, redness, and swelling of the nail and the surrounding skin. In some cases, the nail may become discolored and may fall off. Treatment typically involves keeping the nail clean and dry, and using over-the-counter pain relievers. In severe cases, a healthcare provider may prescribe antibiotics or antifungal medications. [1].

A common cause of an ingrown nail is a fungal infection. Fungal infections are caused by a type of fungus that grows on the skin. The fungus can enter the nail through a small cut or scratch. Once inside the nail, the fungus can multiply and cause the nail to become thickened and discolored. In some cases, the fungus can also cause the nail to grow into the surrounding skin. Treatment typically involves using antifungal medications to kill the fungus. [2].

Another common cause of an ingrown nail is a bacterial infection. Bacterial infections are caused by a type of bacteria that grows on the skin. The bacteria can enter the nail through a small cut or scratch. Once inside the nail, the bacteria can multiply and cause the nail to become thickened and discolored. In some cases, the bacteria can also cause the nail to grow into the surrounding skin. Treatment typically involves using antibiotics to kill the bacteria. [3].

In some cases, an ingrown nail may be caused by a trauma to the nail. Trauma to the nail can occur when the nail is hit or crushed. This can cause the nail to become discolored and may cause the nail to grow into the surrounding skin. Treatment typically involves keeping the nail clean and dry, and using over-the-counter pain relievers. In severe cases, a healthcare provider may prescribe antibiotics or antifungal medications. [4].

So, to prevent an ingrown nail, it is important to keep the nail clean and dry. It is also important to avoid wearing tight-fitting shoes, as this can cause the nail to become irritated. If you notice any signs of an ingrown nail, such as pain, redness, or swelling, it is important to see a healthcare provider as soon as possible. They can examine the nail and determine the cause of the problem. They may also be able to provide treatment to help relieve the symptoms. [5].

It is also important to avoid using nail polish, as this can cause the nail to become irritated. If you do use nail polish, it is important to use a breathable nail polish. This type of nail polish allows the nail to breathe and helps to prevent the nail from becoming irritated. In addition, it is important to avoid using nail clippers, as this can cause the nail to become damaged. Instead, it is best to use a nail file to trim the nail. [6].

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