



GENERAL FOOT AND NAIL CARE

THICKENED NAILS:

A single thickened nail is a common condition, usually the result of injury to the nail bed, such as dropping something heavy on your toes, or a fungal infection. They can be easily and painlessly thinned down by your podiatrist

TRAUMA:

Trauma to the nails may lead to permanent nail deformity. This can be cared for by regular, non-painful podiatric treatment, involving filing and, possibly, the use of a special drill.

FUNGAL INFECTIONS:

Fungal infections are a common nail condition that are often characterised by thickening, discolouration and separation of the nail from the nail bed. In some cases, the nail crumbles. These infections tend to stay in the nail if they are not treated, and can infect the nail bed.

There are a range of anti-fungal medications available for treatment. Your podiatrist can assist with trimming and care of out-of-shape nails.

CALLUS:

Hard patches of skin are called calluses and are part of the body's defence system to protect the underlying tissues.

If the cause of pressure is not relieved, calluses become painful. Speak to your podiatrist about how to relieve your calluses.

CORNS:

When pressure becomes concentrated in a small area, a 'hard' corn may develop. Sometimes 'soft' corns may form between the toes where the skin is moist from sweat or inadequate drying and are also caused by excessive friction.

Corns and calluses are most often found on the balls of the feet or the top of toes. They can also be found on heels and even along the sides of toenails.