



Paradigm Podiatry

LEADING CHANGE IN FOOT CARE

Dr. Stacy Holder Introduces Treatment Options For Recurring Ingrown Toenails

October 20, 2015

October 20, 2015 - PRESSADVANTAGE -

Dr. Stacy Holder of the Paradigm Podiatry medical clinic in Pembroke Pines, Florida, recently introduced some treatment options for recurring ingrown toenails. Dr. Holder also offers advice on treating ingrown toenails at home, and how to avoid them. "This is a problem that we see regularly in our office," she says. "People don't realize a lot of times that preventing an ingrown toenail is much easier than treating it, and there are very simple ways to avoid the pain that comes along with this issue."

Dr. Holder recommends that patients avoid cramping their toes by wearing roomy or even open-toed shoes. This helps to avoid contact with the nail and can significantly minimize pain. She states that soaking the toe in warm water and Epsom salts for twenty to thirty minutes, and using an over the counter topical antibiotic such as Bacitracin or Neosporin can also be helpful. For prevention of recurring ingrown toenails, she recommends patients avoid trimming the toenails too short and cutting them straight across when trimming.

Paradigm Podiatry is providing a number of treatment options for South Florida ingrown toenails, including partial and complete removal of the affected toenail. She states that this is a common problem with many consumers, and that many podiatrists even treat celebrities with ingrown toenail issues.

"Prevention is the best remedy, but that's not always possible," states Dr. Holder. "When you've tried all of the tips above, and you are still dealing with the pain and discomfort of that ingrown toenail, it may be time to give our office a call."

The Pembroke Pine foot doctor recommends not waiting too long because an infection can occur. Patients who deal with ingrown toenails on a regular basis, particularly those that are painful and infected, and are causing issues with daily life, should contact a podiatrist about potential surgical options for removing the toenail and ensuring that it grows back properly, which can help to avoid this problem in the future.

Those interested in scheduling an appointment or who would like to learn more can visit Paradigm Podiatry on their official website.

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For more information about Paradigm Podiatry, contact the company here: Paradigm Podiatry Dr. Shewp 954-391-7674 drshepw@paradigmpodiatry.com 1791 NW 123rd Avenue Pembroke Pines, FL 33026

Paradigm Podiatry

Paradigm Podiatry is a holistic foot and ankle medical practice with state of the art equipment that treats people of all ages.

Website: <http://ParadigmPodiatry.com>

Email: drshepw@paradigmpodiatry.com

Phone: 954-391-7674



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