
Medical Edge from Mayo Clinic

Ingrown Nails

1:00

Log

Audio

Intro with music	GIVING YOU THE EDGE ON HEALTHY LIVING, HERE'S MAYO CLINIC MEDICAL.
	IT MAY NOT SOUND LIKE A BIG PROBLEM, BUT AN INGROWN TOENAIL CAN BE A REAL PAIN. DR. STEVEN KAVROS, A FOOT SPECIALIST AT MAYO CLINIC, SAYS IT OFTEN STARTS WHEN YOU CUT YOUR NAIL TOO SHORT, OR INAPPROPRIATELY.
Steven Kavros, D.P.M. Track 4 (:25)	“AND LEAVE THIS LITTLE SPIKE ON THE SIDE THAT BECOMES KIND OF LIKE A FOREIGN BODY...”
	IT PIERCES YOUR SKIN AND FEELS...

<p>Dr. Kavros Track 4 (:35)</p>	<p>“LIKE SOMEBODY LEFT A TOOTHPICK IN YOUR SKIN.”</p>
	<p>YOU CAN LESSEN YOUR RISK BY WEARING SHOES THAT DON'T FIT SO TIGHTLY ACROSS THE TOES, AND TRIMMING YOUR NAILS CORRECTLY.</p>
<p>Dr. Kavros Track 4 (3:09)</p>	<p>“AS OPPOSED TO YOUR FINGERNAIL, WHERE YOU TRY TO PUT ON A CURVE, YOU TRY TO AVOID THAT WITH YOUR FEET. CUT STRAIGHT ACROSS.”</p>
	<p>SOAKING YOUR FEET IN SALT WATER, TOPICAL ANTIBIOTICS AND A BANDAGE WILL GENERALLY TAKE CARE OF THINGS. BUT, IF YOUR NAIL BECOMES INFECTED OR IT'S A RECURRENT PROBLEM, IT'S TIME TO SEE YOUR DOCTOR.</p>
	<p>FOR MORE INFORMATION, TALK TO YOUR DOCTOR OR VISIT MAYOCLINIC.ORG. I'M VIVIEN WILLIAMS.</p>

