

PATIENT EDUCATION · IN-OFFICE MINOR PROCEDURES

Ingrown Toenail Procedures

An ingrown toenail occurs when the edge of a nail grows into the surrounding skin, causing pain, redness, and sometimes infection. Wigley Feet offers temporary and permanent nail procedures when appropriate to relieve pain and reduce recurrence.



For educational illustration only.

Focus area	In-Office Minor Procedures
Goal of care	An ingrown toenail occurs when the edge of a nail grows into the surrounding skin, causing pain, redness, and sometimes infection.
Where it's provided	In our office or a surgical center, based on your evaluation and what is clinically appropriate.
Your next step	A consultation with Dr. Stephen Wigley IV to review your symptoms and options.

Who May Benefit

- Patients with painful or recurring ingrown toenails
- Those with redness, swelling, or signs of infection
- Patients seeking longer-term relief from chronic ingrown nails

How We Evaluate

- Examination of the nail and surrounding skin
- Assessment for infection
- Discussion of temporary vs. permanent procedure options

When to Seek Care

- Pain, redness, or swelling along a nail edge
- Drainage or signs of infection
- Recurring ingrown toenails

Treatment Options

- Conservative nail care when appropriate
- Temporary nail procedure to relieve a painful edge
- Permanent nail procedure to reduce recurrence

What to Expect

1

A plan based on your symptoms and history

2

Guidance on aftercare and signs of infection

3

Follow-up with the care team

Your Surgery Journey — Before, During & After

BEFORE SURGERY

- Complete any requested labs, imaging, or medical clearance
- Review your medications with us — some may need to be paused
- Follow eating/drinking instructions if anesthesia is planned
- Arrange a ride home and loose, comfortable clothing
- Wash the foot the night before; remove nail polish if asked

DURING SURGERY

- Local anesthesia numbs the area for most office-based procedures
- You may feel pressure or movement, but should not feel sharp pain
- Most procedures take roughly 30–90 minutes
- Our team monitors your comfort throughout

AFTER SURGERY

- A sterile dressing protects the surgical site
- You may receive a surgical shoe or boot for walking
- Mild soreness is normal as numbness wears off
- Written instructions and follow-up scheduling before you leave

Dr. Wigley's Post-Op Instructions

1. Keep the dressing clean, dry, and in place until we remove or change it — no peeking.
2. Elevate the foot above heart level as much as possible for the first 48–72 hours.
3. Apply ice as directed (about 20 minutes on, 20 off) over the dressing — never directly on skin.
4. Take medication exactly as prescribed; stay ahead of pain rather than chasing it.
5. Follow your weight-bearing instructions and wear the surgical shoe/boot whenever walking.
6. No soaking, baths, swimming, or getting the site wet until cleared at follow-up.
7. Call the office right away for: fever over 101°F, spreading redness, foul drainage, bleeding through the dressing, severe pain not relieved by medication, or new calf pain/swelling.
8. Keep every follow-up appointment — healing is monitored at each visit.

Important: These are general guidelines. Always follow the personalized instructions given to you at your visit — they take priority over this handout. Questions after surgery? Call (305) 895-9528.

Common Questions

When should I see a doctor for an ingrown toenail?

If you have pain, redness, swelling, drainage, signs of infection, or recurring ingrown toenails, an evaluation is recommended. Patients with diabetes or circulation concerns should seek care promptly.

Sources & Further Reading

- American College of Foot & Ankle Surgeons — FootHealthFacts.org
- American Podiatric Medical Association — apma.org
- MedlinePlus, U.S. National Library of Medicine — medlineplus.gov

Questions? Call Wigley Feet at (305) 895-9528 to schedule an evaluation. New patients can also request an appointment at www.wigleyfeet.com.