

Paronychia- Toe

What is it?

- **Paronychia Toe**– an infected ingrown toe nail; where bacteria gets into the opening and the toe becomes infected
 - **Bacteria Infections**- come from an injury to the foot where bacteria has invaded the injured skin
 - **Fungus Infection**- come from fungus or yeast



Symptoms:

- **Symptoms**- chronic inflammation, thickening of the fold and loss of the cuticle, pain, warmth, redness, swelling; pus usually develops along the nail margin and sometimes beneath the nail

Facts:



- **Caused by**- trauma to the nail as dropping an object on your toe, poor cutting techniques, overaggressive manicuring when cutting and tearing the cuticles, picking at the skin near the nails; throbbing pain, nail feels moist or boggy, damaged skin around the nail
- **Diabetes, PVD/Peripheral Vascular Disease or Poor Circulation**- see your health care provider immediately because the infection can spread and can threaten a limb
- **Higher Risk Jobs**- dishwashers, hairdressers, bartending, house cleaning, janitorial work, dentistry, nursing, food service
- **Prevention**- keep feet dry and clean, be gentle when manicuring your toe nails, if diabetes keep blood sugar within normal limits by taking your medications and following your diet plan

What can I do?

- **See your Health Care Provider**- for more information; takes about 6 months to heal; diagnosis is by inspection of the toe
 - **Monitor**- for signs of cellulitis or infection (extension of erythema or edema, lymphadenopathy, fever)

See your Registered Dietitian- for help with your diabetic diet plan

