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## ATLANTIC foot & ankle specialists

## FOOT NOTES NEWSLETTER

Welcome to Atlantic Foot & Ankle Specialists' Foot Notes. Every month this newsletter will provide you with information and resources that are beneficial to your foot and ankle needs. Please feel free to forward this newsletter to anyone you think will benefit from its content. Your feedback and editorial contributions are always welcome. Please send them to [brendan@atlanticfeet.com](mailto:brendan@atlanticfeet.com)

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## BREAK OUT FROM INGROWN TOENAILS

I've lost count how many times I accidentally stubbed my toe against something that's fairly easy to spot, especially during running. Perhaps it's my innate klutz, but sometimes I think I just have the worst luck. I resolved myself into getting used to the occasional bumps, and I was doing pretty well, until one time when I noticed that the latest stub caused a painful swelling in my big toe.



Melissa  
Robitaille, DPM

It was the first time I felt a lingering discomfort from my little accidents. It lasted a couple of days until I decided to have a proper look at it. It turned out it was not altogether caused by my accident. It was an ingrown nail, pressing inwardly into the skin of the corner of my toe. The swelling and discomfort developed to sharp, stabbing pain, and deepening redness.

The ingrowth on my toenail was, thankfully, not infected. All I had to do was soak my foot in lukewarm water, one part white vinegar to four parts water, and massage the side of my big toe. It eased the swelling after 3-4 times of soaking, and for the pain, oral pain relievers like ibuprofen and acetaminophen worked like magic.

In the case that an ingrown toenail is infected though, professional medical help must be sought. An infected toenail usually presents with drainage and pus, and must be addressed immediately to avoid further complications.

Your physician may prescribe oral antibiotics if infection is present but usually is not needed if the infection is removed. A minor procedure is usually employed to remove the ingrowing nail border. With the help of local anesthetic, the doctor will remove a part of the nail's side border. Sometimes, it is necessary to remove the entire nail but thank god not too often.

Ingrown toenails are caused by various factors, the most common being ill-fitting footwear and improper nail grooming. It is advised to trim your toenails straight and not curved, to avoid the skin from folding into the nail. Pressure from tight shoes also pushes the nails into the skin that may cause the nails to break into the surrounding tissues.

Success rates for ingrown toenail treatment are very high. It is important to properly diagnose the condition, and immediately address the risk factors involved to avoid complications.

## Join Us for the Sweetest 5k Around

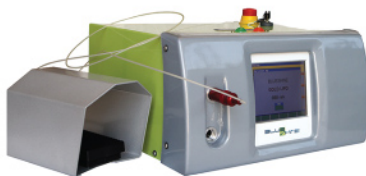
Join us on Saturday, February 21, 2015 @ Georgia Southern University RAC Pavilion in Statesboro to support a great cause. The Chocolate Run is a 5k event that supports the Open Hearts Community Mission, a charity that feeds the hungry and shelters the homeless in Bulloch County.

Not only will you be supporting a great cause, but you'll walk away with great treats as well! Dozens of vendors will be out giving out all sorts of sweet treats. Atlantic Foot & Ankle will be on hand to give out some sweet little chocolate feet. We hope to see you there!

For more info and to sign up visit [TheSweetestRace.com](http://TheSweetestRace.com)



## Suffering from **NAIL FUNGUS?!**



With as few as one to three treatments our Hyper Blue Laser can rid you of any sign of nail fungus or plantar warts. The lasers wavelength targets and destroys the nail fungus, leaving only healthy nail. For plantar warts, the laser reaches the warts core to destroy the virus and help promote healthy blood flow.

### Does it hurt?

The laser gives off a mild to warm sensation. We describe it like a warm rubber band hitting your skin/nail. Laser treatment will take less than 10 minutes and there is no discomfort after treatment.

### Results:

**Fungal Toenails:** You will notice results within two to four months depending on how quickly your nails grow. New clear growth will appear at the base of the nail as the fungal portion grows out.

The most important thing for you to know is that you are not alone and you don't have to suffer from nail fungus or plantar warts. These are both very common problems that many people have been treated for. At Atlantic Foot & Ankle Specialists, we're dedicated to helping people just like you live happy, healthy lives.

## Caring is Sharing

at Atlantic Foot & Ankle Specialists

Care to Share in two different ways

1. Review us on Google

or

2. Refer a Friend

and you'll be entered to win

**An Android Tablet!**



\*ask the front desk for details

### Our Services

- Ingrown Nails
- Heel / Arch Pain
- Hammertoes
- Bunions / Toe Deformity
- Neuroma / Warts
- Foot / Ankle Injury
- Plantar Fasciitis/ Tendonitis
- Intoeing/ Outtoeing/ Flatfoot
- Diabetic Foot Care
- Arthritis: Gout/ Rheumatoid
- Corns & Calluses
- Custom Orthotics
- Sports Injuries
- Shockwave Therapy (ESWT)
- Laser Nail / Wart Treatments
- Sterile Pedicure Spa
- Vascular Studies
- Digital X-Rays
- Shoe Store
- Wound Care Clinic
- Cysts & Tumors
- Gait Analysis ... and more!

# free book

## on Diabetes and Your Feet

Call 888-572-2325

The number one reason diabetics are hospitalized in the United States is foot infections!

Know the risks and complications before it's too late!

**NO OBLIGATION!**

For a FREE COPY of **Diabetes and Your Feet** just fill out this form and return it by mail to our office: **Atlantic Foot & Ankle Specialists**  
11706 Mercy Blvd. Building 8  
Savannah GA 31419

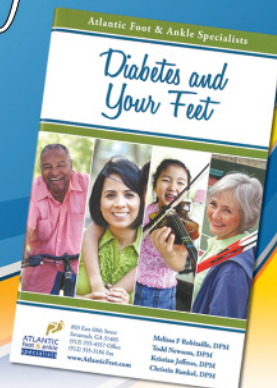
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