

Thickened Toenails

Congratulations on taking the first step in treating your thickened toenails!
If left untreated, the thickness may cause pain and may make wearing footwear uncomfortable.

Thickened Toenails Info

Thickened toenails can cause extra pressure on the toes while wearing shoes, causing pain and increased risk of infection. Thick toenails are difficult to care for with regular nail trimmers and nail scissors.



As thickened nails are difficult to cut, people with diabetes, poor circulation, or reduced sensation, or those taking blood thinners should have their feet cared for by a foot care professional, to reduce risk on injury

Causes of Thickened Toenails

- Our toe nails thicken and harden as we get older. Circulation problems can also affect nail thickness
- Nail fungus can cause thickening of the nail
- Trauma such as stubbing the toe or dropping something on it can damage the nail bed and cause thickening of the nail
- Diseases such as psoriasis, eczema, rheumatoid arthritis, cardiovascular disease, and cancer, to name a few, may affect the toenails

Treatment by a Foot Care Professional

- Reducing the thickness of the nail can help; this can be done with file or an emery board at home
- Very thick nails may need to be thinned by a Foot Care Nurse using a nail drill
- It is important to understand the cause of the thickening, for example, nail fungus should be treated in order to see improvement. An anti-fungal treatment may be needed.
- if injury or age is the cause of the thickened nail, you may need to have the nail thinned on a regular basis by a Foot Care Nurse.



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