



FEET FIRST!

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Fellow American College of Foot and Ankle Orthopedics and Medicine

Fellow American Society for Laser Medicine and Surgery

Fellow American Professional Wound Care Association



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Associate American College of Foot and Ankle Surgery

Associate American Professional Wound Care Association

Please enjoy this monthly newsletter, written especially for our patients and those whom you care about. If this month's topic can benefit a friend or family member, please feel free to pass it on so that others can experience the same superior service that you have come to know!

Ouch! My Big Toe Hurts!

The big toe on your left foot is red and inflamed – and it hurts. You don't remember stubbing it or having your dance partner step on it, so could it possibly be an ingrown toenail?

An ingrown toenail occurs when the skin on one or both sides of the nail grows over the edge of the nail or when the nail curves into or under the skin on either or both sides of it. The nail itself is considered contaminated or dirty.

If left untreated, an ingrown toenail can become infected with a yellowish fluid or abscess that requires prompt medical attention.

Some facts about ingrown toenails:

- They are most common in teenagers and young adults and are extremely rare in infants and young children.
- They are more common in males than females.
- They usually occur in the big toe, although they can occur in other toes
- If left untreated, they can become infected or abscessed, requiring surgical intervention.

Ingrown toenails occur due to a number of causes, including:

- Wearing high-heeled shoes or shoes that are tight-fitting – these may cause pressure on the nail, pressing it into the tissue of the toe
- Trimming the toenail and leaving a rounded edge, rather than trimming them straight across
- Repetitive sports injuries involving use of the feet (i.e., such as playing soccer, running, etc.)
- A fungal infection in the toe
- Trauma to the toe, that might cause a piece of the nail to press into the skin where it continues to grow
- Heredity

If the toe is not infected, warm water soak, along with the application of a mild antiseptic, will often do the trick.

If the redness and swelling get worse, if you run a fever or if the condition becomes more painful, infection might be present.

When this occurs, a prompt visit to our office is necessary for evaluation and treatment, usually with an antibiotic.

If you are diabetic and your toe swells and becomes reddened or painful, it is imperative that you seek **immediate** medical attention at our office before an infection sets in or the condition worsens in any way.



Ingrown toenails can be quite painful and may become infected!

The best way to prevent an ingrown toenail? Make sure that you trim your toenails correctly - straight across and long enough to keep the nail edge above the skin line.

If you have a toenail that is red and inflamed and you're concerned that it might be an ingrown toenail, please call the office to schedule an appointment. It's always better to err on the side of caution – especially when it comes to your health!

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Office Hours:

Monday: 9:00 – 5:00

Tuesday: 9:00 – 5:00

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Friday: 9:00 – 5:00

*Quote of the
Month...*

***"To dare is to lose
one's footing
momentarily.
Not to dare is to
lose oneself"***

Soren Kierkegaard

About Our Practice

Podiatric Medicine and Surgery is a medical specialty that deals with conditions of the foot and ankle.

Podiatric physicians, who are sometimes called foot doctors or foot and ankle surgeons, treat many conditions of the foot and ankle, including sprains, fractures and other trauma, calluses, plantar warts, bunions, ingrown toe nails, and diabetic foot problems.

The foot and ankle are the foundation of your entire body. Since your entire upper body rests on your feet, it is essential to maintain a proper base of support.

Therefore, it is imperative that you take the necessary steps to insure that the foot and ankle are always in their optimal corrected alignment. Keeping a

"leg up" on any problems or symptoms you may notice helps to insure that you have a more comfortable lifestyle.

Dr. Tomassi is Board Certified by the American Board of Podiatric Orthopaedics & Primary Podiatric Medicine.

He received his podiatric education at the Ohio College of Podiatric Medicine and has been in private practice since completing his post-graduate residency in Youngstown, OH.

Dr. Tomassi has held many positions on professional boards and received numerous distinguished awards.

In addition, Dr. Tomassi is extremely involved in charity activities. He provides Christmas dinners each year to needy area families (since 1988) and provides lower extremity screenings

each year to Special Olympics athletes.

Dr. Dan Olson attended Gannon University (Erie, PA) where he received a bachelor's of science degree. He also received his podiatric education at the Ohio College of Podiatric Medicine in Cleveland.

Dr. Olson is an Associate Member of the American College of Foot and Ankle Surgeons and is board qualified by the American Board of Podiatric Surgery.

He is also a member of the American Podiatric Medical Association and the Pennsylvania Podiatric Medical Association in which he serves as secretary of the Erie/Northwest Division.

At **Baycity Associates in Podiatry**, we are confident that we can help you with any foot or ankle challenge you might have and we look forward to serving you!