



Suffolk Podiatry

Loose or Damaged Toenails

It is common to sometimes stub a toe or drop something that injures the nail. Damage can also be due to repeated small traumas, such as wearing shoes that are too small or tight, or an increase in activity (walking or running more than usual). This can cause your nails to change.

Black Toenail

If you damage your toe nail, you may get bleeding beneath the nail. This may turn the nail black or dark brown, although the colour change may not appear for several weeks. No treatment is required, and any pain you feel should gradually subside.



Loose Toenail



If the nail starts to become loose, you should tape the nail down to prevent it catching on socks etc. No other treatment is necessary. In time, you may find that the nail comes off entirely. This is no cause for concern as it is highly likely that a new nail will grow through in time. Please be aware that it may take many months for a new nail to appear.

Self-care and treatment

If you notice that the nail-bed (the skin beneath the nail) is moist, then you should soak your foot for 5 minutes each day in warm, salty water until the area is dry and scabby.

If at any time the toe becomes red, hot, swollen, there is an obvious discharge of fluid or you notice a strong smell, then you may have an infection. Please contact your GP or your local private podiatrist.

Finding a Private Podiatrist

Be careful to check that any podiatrist you visit is registered with the HCPC (Health and Care Professions Council). You can check their membership details by going to: <http://www.hcpc-uk.org/check>

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