

Skin and Nail Conditions of the Foot

There are many conditions that may affect the skin and nails on the feet, some of which may cause discomfort.

Examples of the conditions are:

- Skin conditions – Callus, corns, warts, itchy skin (fungal infection/dermatitis/eczema)
- Nail conditions – Ingrown toe nails, fungal infection, thickened nails

Skin and nail conditions have different causes, of which podiatrists can help diagnose, treat and provide advice on their prevention.

If left untreated, certain conditions such as ingrown toe nails may worsen, causing pain and even infection.

With treatment, the discomfort can be relieved and in most cases, the problem cured.

How is it treated?

The first step begins with assessment and diagnosis. Podiatrists are the primary healthcare professionals that address skin and nail conditions of the foot. We work together with other medical professionals including Dermatology, General Medicine, Orthopaedics, Rheumatology and Oncology.

What does Podiatry treatment involve?

At the first clinic visit, relevant medical history will be taken, followed by the assessment and evaluation of the skin and/or nail condition of the foot. Appropriate treatment will be provided, such as paring callus, removal of ingrown toenails or the prescription of medication or insoles.

In NUH, the Podiatry Department treats ingrown toenails both conservatively and surgically. For cases of recurrent ingrown toenails, surgical intervention through the removal of part of the nail and prevention of regrowth can be done. This option may be considered after a full medical check-up has been carried out.