

# Ways to Prevent Ingrown Toenails, Part One



Hello friends! This is Doctor Mauras here to talk to you about ways that you can prevent ingrown toenails. Although not many people like to talk about it, I'm sure there are a number of you in the Gorge that are struggling with this painful condition. One of the most significant factors that causes people to develop an ingrown toenail is improper footwear. If your shoes are too tight and are pinching your toes, it may be causing your nails to curl. Shoes that chafe or restrict the foot day after day will eventually catch up with you in one form or the other, including the development of an ingrown toenail.

If you are suffering from this common condition, I can help! I encourage you to come see me, Doctor Mauras at my office here in Hood River, OR.

Call for your appointment today at: 541-386-1006.