

NAILED IT Miss Foot Fixer carves out ingrown toe nail from a man's big toe in gruesome op

A podiatrist carves a hole in a man's big toe and removes oozing puss before extracting a painful ingrown nail

GRAPHIC WARNING

By Alahna Kindred
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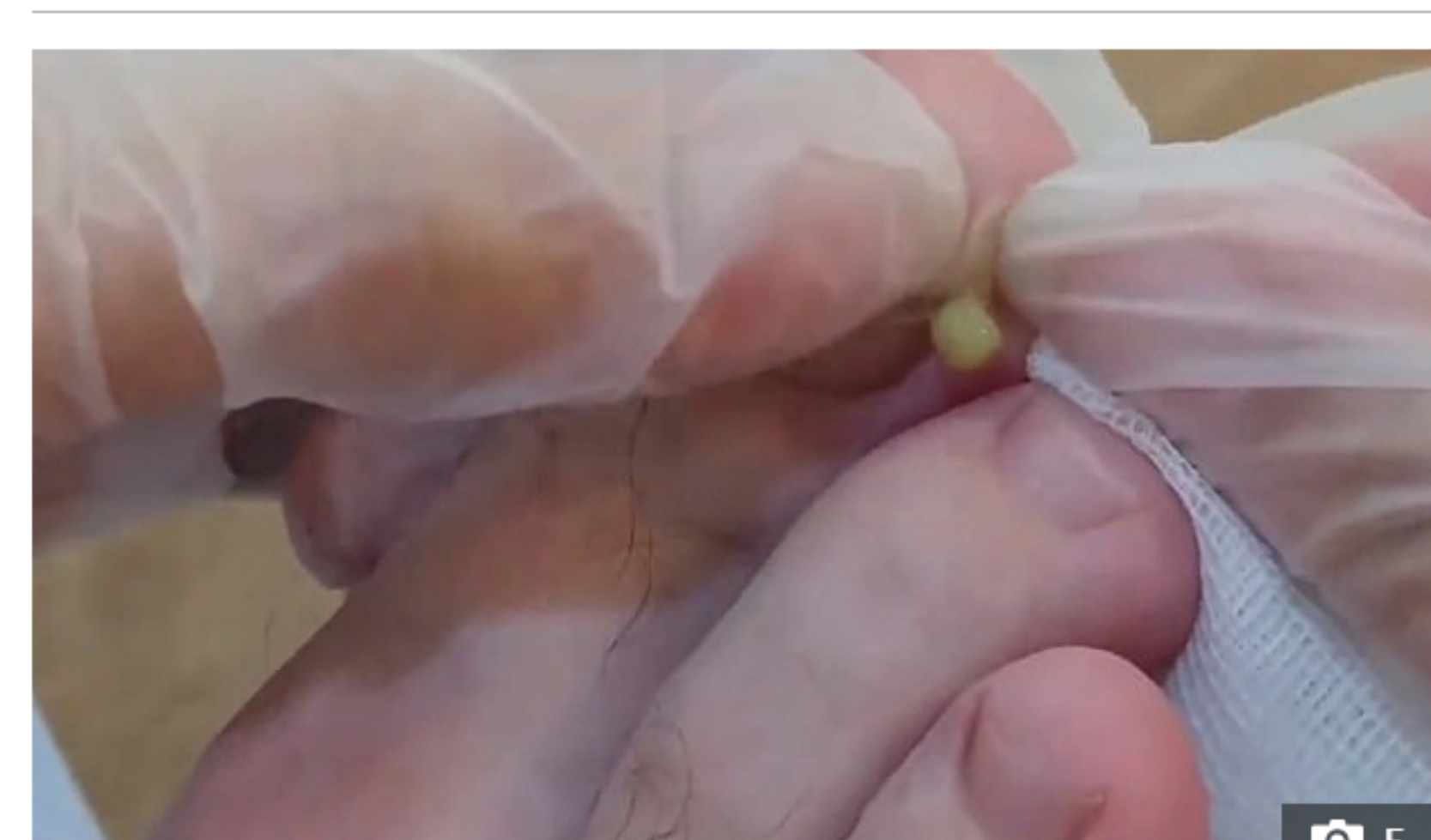
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THIS is the stomach-churning moment a podiatrist carves a hole in a man's big toe and removes an ingrown nail.

The gruesome procedure was filmed and performed by Marion Yau at London's Harley Street Foot and Nail Clinic in December.



This is the repulsive moment an ingrown toenail was removed from a man's big toe Credit: Miss Foot Fixer



The ingrown nail was under the oozing puss Credit: Miss Foot Fixer

Ms Yau – also known Miss Foot Fixer – said the patient's ingrown nail was an extreme example of the painful, but common condition.

The offending toe is front and centre of the frame and the ingrown toenail is where the yellow, irritated skin meets the corner of the nail.

Miss Foot Fixer made an incision to cut away the bloating skin in order to reach the yellowed nail.

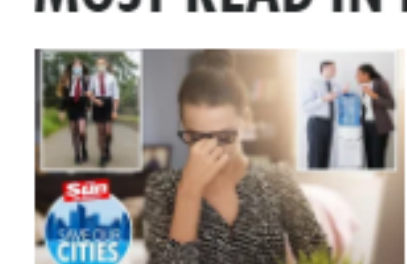



However, Ms Yau needed to remove the oozing puss and clean the area to extract the nail.

She said: "This is a very bad case of ingrown toenail as the piece of nail left inside his toe was very big.

"Usually the ingrown toenails are not as big and the infection does not leave such a big hole in the foot.

"The wound was cleaned and dressed is applied, I also recommend the patient wears wider shoes to prevent the nail from digging in."

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The man was left with a gaping hole on his big toe by the end of procedure, which Miss Foot Fixer cleaned to prevent another infection.

After successfully completing the minor surgery, the toe is bandaged up.

People usually an ingrown toenail on their toe, but it can develop on any of them, according to the NHS.

How to treat an ingrown toenail at home

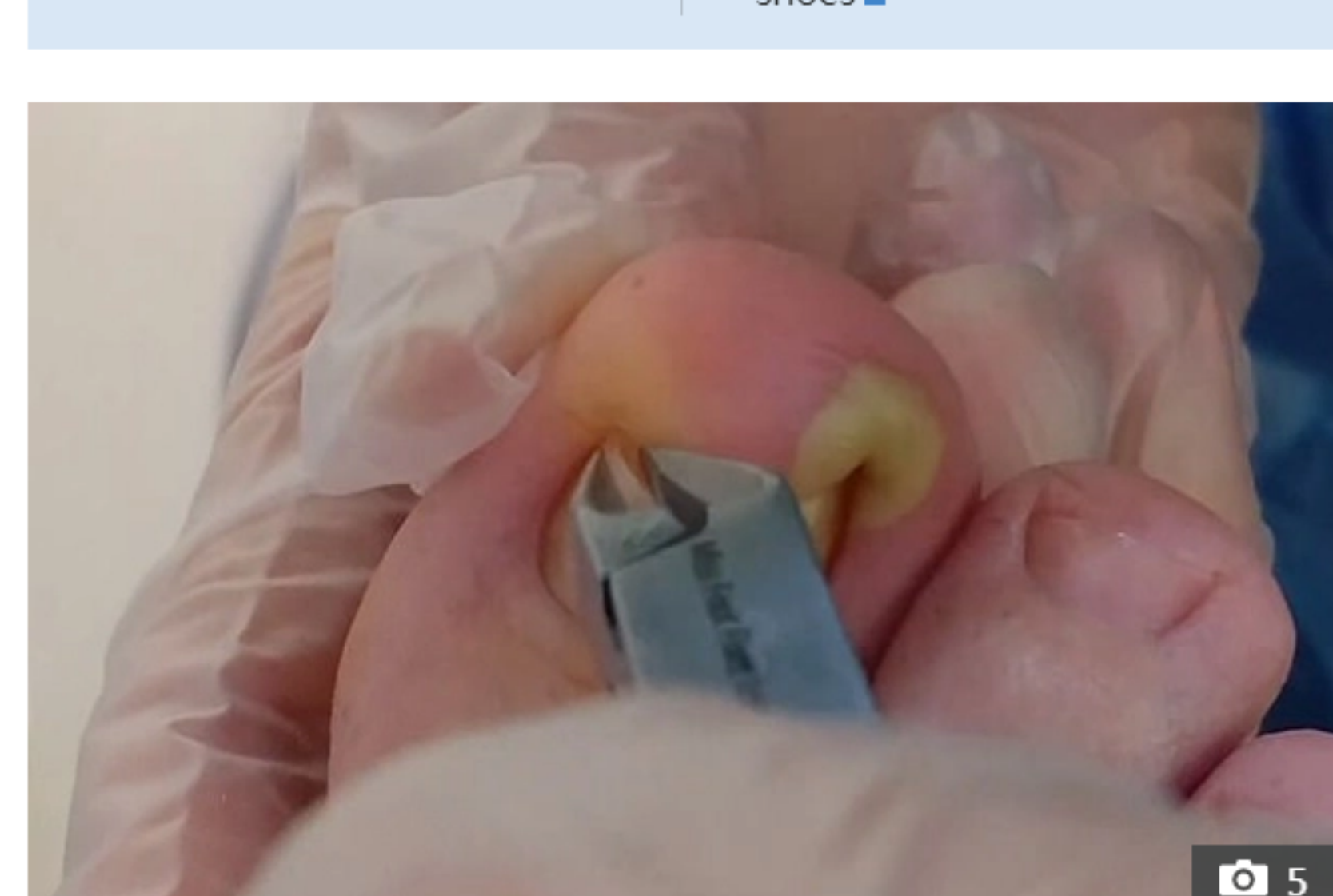
according to the NHS

DO

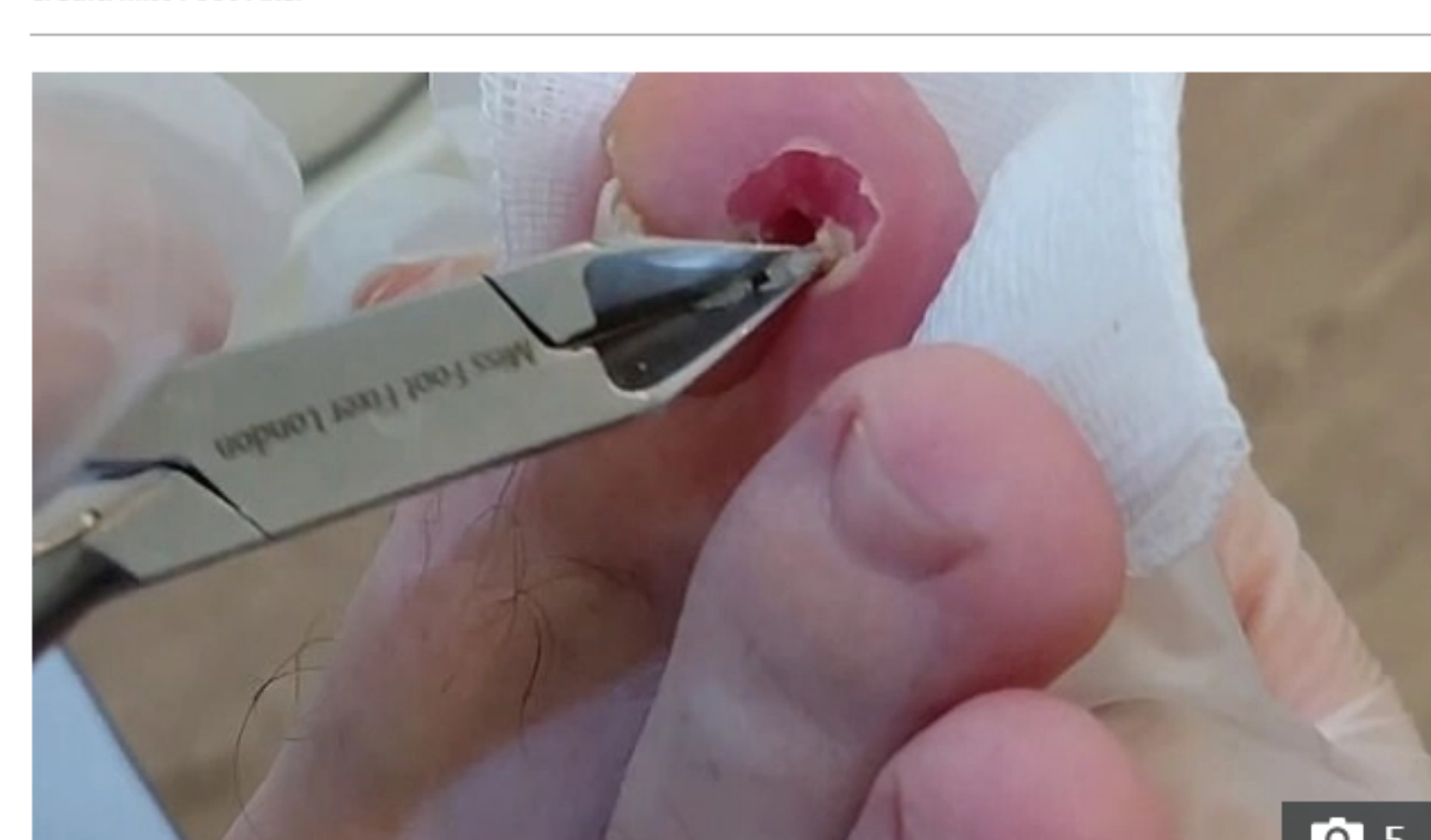
- soak your foot in warm water 3 to 4 times a day for a few days – this softens the skin around your toe and stops the nail growing into it
- keep your foot dry for the rest of the day
- wear wide, comfortable shoes or sandals

DON'T

- take paracetamol or ibuprofen to ease the pain
- do not cut your toenail – leave it to grow out
- do not pick at your toe or toenail
- do not wear tight, pointy shoes ■



This ingrown nail is a more serious case, according to Miss Foot Fixer Credit: Miss Foot Fixer



Once the puss was cleaned out the podiatrist was able to get to the source of the problem Credit: Miss Foot Fixer



After the ingrown nail was removed, a gaping hole was left Credit: Miss Foot Fixer

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