

Our highly skilled podiatrists

are registered with the Health Care Professionals Council (HCPC) and members of the College of Podiatrists. The practice is accredited by the College of Podiatrists (CoP).

Kirsty McWhirter
(Practice Owner)

Lesley Walker
(Associate Podiatrist)

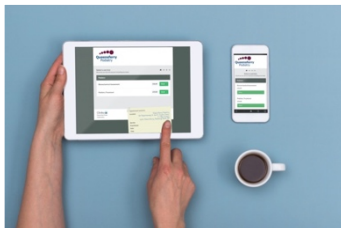
Angela Miller
(Associate Podiatrist)

Neassa Macdonald
(Associate Podiatrist)



Online booking on our Facebook page or website:

www.queensferrypodiatry.com



REF_FN_01



Professional and caring podiatrists

CONTACT US

0131 331 1296

 JW Physiotherapy & Sports Injury Clinics
27 High Street, South Queensferry, EH30 9PP

 queensferrypodiatry@gmail.com

 www.queensferrypodiatry.com



Fungal Nails



Treatment Advice

What are fungal nails?

Nail fungus is a common condition that begins as a white or yellow spot at the edge of the toenail. It frequently affects toenails more than fingernails and is not usually serious but can be unpleasant and difficult to treat.

What causes it?

Fungal nail infections are caused by various fungal organisms (fungi). The most common cause is a type of fungus called dermatophyte. Yeast and moulds also can cause nail infections.

They prefer warm, dark and moist places, and is more common in older adults and in people with a history of athlete's foot.

Other factors include, reduced blood circulation to the feet and a weakened immune system.

Symptoms

A fungal nail infection may not cause any obvious symptoms at first. As it progresses, the infection can cause:

- discolouration of the nail – it may turn white, black, yellow or green
- thickening and distortion of the nail – it may become an unusual shape or texture and be difficult to trim
- pain or discomfort – particularly when using or placing pressure on the affected toe or finger
- brittle or crumbly nails – pieces may break off and come away completely
- Sometimes the skin nearby may also become infected and can be itchy and cracked or red and swollen.

What can help?

- keep feet clean and dry
- wear well-fitting shoes made of natural materials
- wear clean cotton socks which will allow the feet to breathe
- make sure to keep nails trimmed which will help reduce the area available to infection
- don't share towels and socks with other people
- wash towels are regularly which will help to get rid of any fungal residue that builds up

A toenail fungal infection can start from athlete's foot (foot fungus), and it can spread from one nail to another. But it is uncommon to get an infection from someone else.



Prevention

- wash your hands and feet regularly
- file down thickened nails
- choose shoes made of materials that breathe
- treat old shoes with antifungal powders
- wear sweat-absorbing socks or change your socks through the day
- give up nail polish and artificial nails

Treatment options?

If your condition is mild and not bothering you, you may not need treatment. If it's causing problems such as, pain and discomfort, then you could try:

Antifungal tablets - Terbinafine is the most commonly prescribed drug and you need to take it for 6-12 weeks. Due to the risk of some side effects, your GP may check your liver function test first before prescribing.

If you prefer not to take antifungal tablets, you could try over the counter antifungal nail paint instead. You need to file your nails and apply this paint 2/3 times a week for over a year.