

Information on Thickened Toenails

The most common cause of thickened toenails is trauma. This could be a single traumatic event such as stubbing the toe or dropping a heavy object upon it.

Other causes include:

- Poorly fitting footwear (microtrauma)
- Certain sporting activities (more pressure on the toes)
- Fungal nails
- Aging
- Certain skin conditions, eg, psoriasis.
- Neglect

Can I Cure a Thickened Toenail?

Unfortunately, in many cases where the toenail is thickened the result is permanent. This is due to the nail root, or matrix being damaged.

What Can I do?



Wear wider and deeper shoes to decrease the amount of friction and rubbing between your toenail and the top of the shoe. The most appropriate styles have a lace or Velcro fastening. You should not purchase a larger size shoe, but a different style. This should help alleviate some of the discomfort involved with thick toenails.

Thick toe nails can be managed using an emery board and filing your nails. This will stunt nail growth and keep them manageable. Gently file each nail across the thickened part 2-3 times weekly to reduce the thickness. The best time to do this is when the nail is dry, before a bath or shower.

The length and thickness of the nails can be maintained by also filing in a downwards motion away from your body once a week. Ask someone to help if necessary.

- Do not cut your nails down the edges, and only trim straight across the top to help avoid an ingrown toenail
- Do not clean under your nails with sharp objects.

diamond deb nail file



Toenail clippers

