

# Next Step Footnotes

Next Step Foot & Ankle Clinic's Monthly Patient Newsletter



## What You'll Find Inside:

### • WE'RE ON A MISSION

this month our team focus is on the restoration of foot & ankle function

### • CONDITION: TOENAIL FUNGUS

learn what the signs of toenail fungus are and the many non-invasive ways to treat it

### • CONDITION: INGROWN TOENAILS

find out why some people are more prone to ingrown toenails & how to avoid them

### • A NEXT STEP DIFFERENCE

changes to our staff & clinic schedules allow us to continue to provide excellent care

*Where will your feet take you?*



connect with us on





# WE'RE ON A MISSION

RESTORATION OF FOOT & ANKLE FUNCTION

It is our goal to provide first-rate solutions that will get patients back on their feet as quickly as possible and sustain them, restoring their quality of life and improving their day-to-day function.

- H** - Happy Environment
- E** - Excellence in Foot & Ankle Care
- A** - Appreciation
- R** - Restoration of Foot & Ankle Function
- T** - Teaching Mentality

# TOENAIL FUNGUS

Condition Focus

Toenail fungus is a common infection under the toenail. The infection breaks down the keratin in your nails and causes flaking and discoloration. Toenail fungus doesn't usually cause pain, but it can cause your nails to become brittle, misshapen, ragged, thickened, and/or dull. Sometimes, your nail has an unusual odor and feels uncomfortable over time. Toenail fungus is contagious and very hard to get rid of. Our expert team of podiatrists provides solutions for eliminating your infection and having your nails looking great again.

At Next Step Foot & Ankle Clinic, our team examines your feet and toes for symptoms and signs of infection in your toenails. They scrape a small sample of your nail keratin and perform tests that confirm a fungal infection. Treatment for your nails begins right away with a customized plan for ridding your toenails of fungus.

Without treatment, your toenail fungus gets worse. If you've tried at-home remedies such as antifungal creams and foot sprays but still aren't finding relief, schedule an appointment with Next Step Foot & Ankle Clinic for more potent treatments. A combination of treatments may work better for you than a single treatment. Your podiatrist can suggest a combination of treatments, such as:

- Laser therapy
- Antifungal skin treatment
- Nail solution
- Supplements
- Shoe spray

Laser therapy quickly kills the fungus affecting your nails and when used with creams and sprays, it's effective in getting your nails back to looking normal. Next Step Foot & Ankle Clinic recommends continuous treatment before the problem becomes chronic. The experts suggest taking steps to prevent reinfection for fabulous feet. ■



**Darren  
Silvester**

DPM, FACFAS, FABFAS, FAENS



SCAN ME

Watch our video on  
nail fungus here!

# INGROWN TOENAILS

## Condition Focus

As podiatrists, we typically treat ingrown toenails multiple times a day. An ingrown toenail is when a portion of the nail gets embedded into the sides of your toe. This happens most often with the big toe but can also occur with the smaller toes as well. More often than not genetics tend to be the largest determining factor of developing an ingrown toenail. If your nail grows too wide or makes an exaggerated arch shape, then you may be prone to having this issue. There are other factors that can cause an ingrown toenail such as injury, tight fitting shoes, or fungus. Cutting your toenails improperly can also lead to an ingrown toenail.

Wearing wider shoes is usually the best place to start along with proper cutting techniques. Not allowing your nails to get too long and cutting your toenails straight across can be helpful. The most important preventative measure is to not leave a corner that can dig into your nail folds. It can also be helpful to place a small amount of cotton under the corner to prevent it from digging in. If you are plagued by ingrown nails and they tend to be an issue every few months or so, then it's time to see your podiatrist.

We love helping patients with their ingrown toenails because of the relief it provides them. Most of the time patients see us after the ingrown toenail has bothered them for a long time and bathroom surgery no longer solves the problem. If a patient delays too long, we tend to lean toward a permanent removal of the border of the nail that grows improperly. We anesthetize or numb the toe, next remove that offending nail border, then use a chemical and cautery to destroy the nail matrix that produces the nail, and lastly send you on your way. The recovery is simple with daily application of medicine and a clean band-aid until it heals. ■



**Gregory  
Larsen**

DPM, AENS



SCAN ME

Watch our video on  
ingrown nails here!

# A NEXT STEP DIFFERENCE

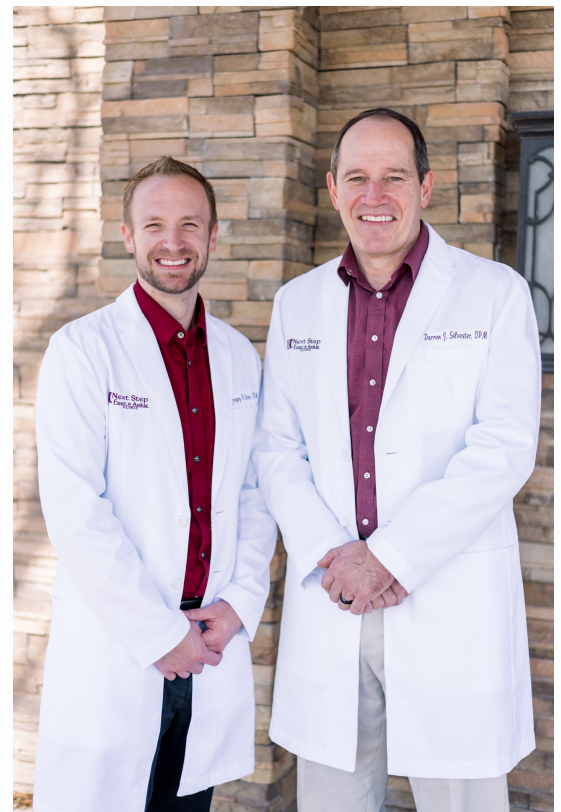
Dear Patients,

We are writing to inform you that Dr. Boyd Bills has decided to pursue other professional opportunities. April 8th will be his last day with Next Step Foot & Ankle Clinic. Our practice has truly enjoyed having Dr. Bills as part of our team for the past three years and we wish him the very best of luck with his future endeavors.

All patients have been reassigned, and they will be warmly welcomed by Dr. Silvester or Dr. Larsen, who will continue to provide the excellent foot & ankle care that our clinic is known for.

Thank you and we look forward to providing ongoing care for you, your family and friends.

To Your Good Health,  
The Next Step Foot & Ankle Clinic Team





*don't forget*

**we have**

**2**

**locations**

**UNIVERSAL CITY/SAN ANTONIO, TX**

**PLEASANTON, TX**



**SCHEDULE AN  
APPOINTMENT  
WITH US TODAY!**

**(210) 375-3318**