

Back-to-School Shoe Shopping Tips, Ingrown Toenails in Children, \$50 Gift Card Giveaway, Deal of the Month

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# NEW MEXICO Foot & Ankle INSTITUTE



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## Back-to-School Shoe Shopping Tips

Parents: Avoid Kids' Foot Problems with the Right Shoes

The start of a new school year brings about two certainties: new clothes and new shoes. Unlike in years past, today's shelves are stocked with a variety of shoe types that run the gamut in style and fit. As such, parents have much more to consider when shopping for back-to-school shoes.



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Deal Ends: In stock while supplies last

To make things easier at the shoe store, The American College of Foot and Ankle Surgeons (ACFAS) offers helpful guidelines in a quick-reference infographic to help minimize foot problems caused by poorly fitting or worn out shoes.

**Shoes should fit**

Your child's feet can grow up to two sizes in six months, so you need to account for growth when buying shoes. That doesn't mean you should buy shoes that are too big—oversized shoes cause the foot to slide forward, putting excessive pressure on the toes. Foot and ankle surgeons suggest a good fit is about a finger's width from the end of the shoe to the tip of the big toe.

Tight shoes can cause blisters, corns and calluses on your child's toes, [blisters](#) on the back of the heels or worse, [ingrown nails](#), which can become infected. Signs of infection from ingrown nails include pain, redness or fluid draining from the area. If you notice any of these symptoms, schedule an appointment with a foot and ankle surgeon, who can perform a simple, safe in-office procedure to remove the nail.

**Shoes wear out**

Shoes lose their shock absorption over time, so inspect new and old shoes for proper cushioning and arch support. Foot and ankle surgeons caution, worn-out shoes elevate the risk for [heel pain](#), [Achilles tendonitis](#) and even [ankle sprains](#) and [stress fractures](#). Replace any shoes with wear and tear around the edges of the sole. When buying shoes, check to see that the toe box flexes easily and the shoe doesn't bend in the middle of the sole.



**FAA Health Fair**

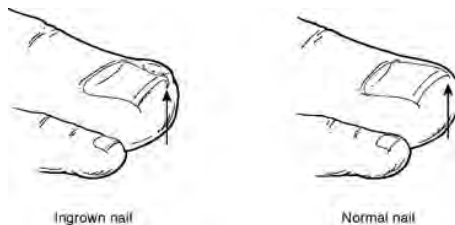
Children with flat feet need shoes with a wide toe box, maximum arch support and shock absorption. The best shoes to buy are oxford, lace-up shoes that have enough depth for an [orthotic](#) insert, if necessary.

## Ingrown Toenails in Children



Parents can help prevent a common and painful foot problem in children by following a few simple tips.

Foot and ankle surgeons say [ingrown toenails](#) are a common condition they treat in children. The doctors blame tight shoes, tight socks and incorrect nail trimming for most cases. In other cases, children may inherit the tendency for nails to curve.



Surgeons say many kids hide their ingrown toenails from their parents, even though the condition can cause significant pain. Over time, the nail may break the skin and lead to dangerous infections. The ACFAS gives these recommendations to help parents prevent ingrown toenails in their children.

### Tip #1

Teach children how to trim their toenails properly. Trim toenails in a fairly straight line, and don't cut them too short.

### Tip #2

Make sure children's shoes fit. Shoe width is more important than length. Make sure that the widest part of the shoe matches the widest part of your child's foot.

### Tip #3

If a child develops a painful ingrown toenail, parents can reduce the inflammation by soaking the child's foot in room-temperature water and gently massaging the side of the nail fold.



We had the privilege of being a guest at the FAA Health Fair on July 7th. This was our 3rd year to attend and we would like to thank everyone that takes the time to visit with us.

## Did You Know?

Each foot has more than 250,000 sweat glands, and they can produce up to half a pint of moisture a day!

## Patient Portal

Connect with us online



24/7 to:



Message our office



Access Care Plans



Request or check appointments



Request or check prescriptions



Update personal information



Fill out forms



See Visit Summary

The only proper way to treat a child's ingrown toenail is with a minor surgical procedure at a doctor's office. Parents should never try to dig the nail out or cut it off. These dangerous "bathroom surgeries" carry a high risk for infection. Doctors may prescribe antibiotics to children with infected ingrown toenails.



Current blogs on our [website](#):

Topic: [Back To School? Make sure your kids put their best foot forward](#)  
&  
[Sports for kids and avoiding injuries](#)



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We are still collecting for [Locker #505 Student's Clothing Bank](#) which benefits all students (K-12) in Bernalillo County.

Go through your closets and find all the shoes you no longer wear and drop them in the boxes provided in our offices!

We take care of your feet....



so they'll take care of you!

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