

TOE WAY! Stomach-churning video shows woman having fungal bacteria removed from toes after ignoring infection

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HERE'S a story about why you shouldn't just ignore grim toenails.

A woman rocked up to a podiatrist after ignoring a fungal nail infection and, well, her feet looked pretty horrifying.



Miss Foot Fixer managed to get rid of a woman's fungal toe infection
Credit: Miss Foot Fixer/Caters

But Marion Yau at London's Harley Street Foot and Nail Clinic, wasn't put off.

Marian AKA Miss Foot Fixer, is used to dealing with toes that need more than a little TLC.

In this case, the woman had something called onychomycosis, AKA tinea unguium.

That's a fungal infection of the nail and it can lead to discolouration, a thickening of the nail and a separation of the nail from the nail bed.

To improve the yellowing nails, Marian used a kind of electronic hydro-tool which blasted the nails with high-pressure water, sanding down the fungal covering to unveil the healthy nail underneath.

When it came to the big toe, however, power-jetting wasn't enough.



While the smaller nails were relatively easy to deal with, the big toe caused more issues
Credit: Miss Foot Fixer/Caters



Marion had to power-jet the malleable bits of infection away before clipping the nail
Credit: Miss Foot Fixer/Caters

Marian gave the nail a little blitz and realised that there was too much fungus in the way. So, she reached for her clippers and started to hack away at the grimy nail.

As she snipped, the yellow-green moldy nail flaked away. It had grown really thick and discoloured and had smothered the healthy nail underneath.

After removing the initial green husk, she then went back to using the water jet to remove the rest of the disgusting rot, digging around the cuticles and sanding down the nail.

And once she'd done that, she reached for the clippers one last time.

"Just don't move, OK? It just makes my heart a little bit hot," she warned her patient before clipping down into the bed of the nail.

The woman's big toenail had stopped growing half way up so she also left the clinic with half a nail - but the difference between the two was incredible.

Miss Foot Fixer [previously cut out an ingrown toenail](#) from a man's big toe in a gruesome operation back in March.

Fungal nail infections aren't uncommon but they are often easily preventable.

They develop when your feet are constantly warm and damp. You're more likely to get an infection if you wear trainers for a long time and have hot, sweaty feet.

How to prevent nail infection

Fungal infections love warm, damp conditions so you want to avoid your feet becoming sweaty and warm.

Do:

- treat athlete's foot ASAP to avoid it spreading to the nails
- keep your feet clean and dry
- wear clean socks every day
- wear flipflops in communal showers

- throw out old shoes

Don't

- wear shoes that make your feet hot and sweaty
- share towels
- wear other people's shoes
- share nail clippers

Source: [NHS](#)

[↑ TOP](#)

[↑ TOP](#)

[↑ TOP](#)

[↑ TOP](#)

[↑ TOP](#)