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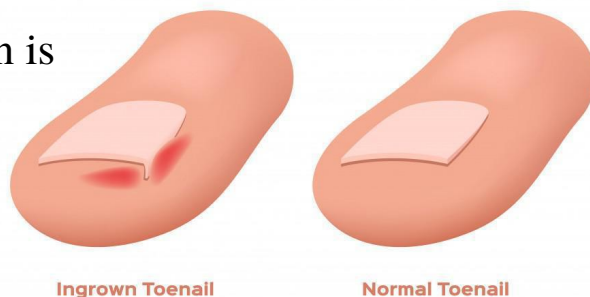
WHAT IS AN INGROWN TOENAIL?

Ingrown toenails often are the result of trimming your toenails too short, particularly on the sides of your big toes. While they are very common, ingrown toenails can also be very painful. When trimming your nails, avoid tapering the corners so that the nail curves with the shape of your toe. The sides of the nail will curl down and dig into your skin. Shoes that are too tight or short also may cause ingrown toenails.

Ingrown toenails start out hard, swollen and tender, and later, may become sore, red and infected. Your skin may start to grow over the ingrown toenail.

Treatments include soaking your foot in warm, soapy water several times each day is usually a good way to treat an ingrown nail. We recommend that you visit our offices and let a podiatrist determine the best course of treatment for your condition.

Antibiotics are sometimes prescribed if an infection is present. Part of your ingrown toenail (partial nail plate avulsion) may need to be surgically removed if an acute infection occurs. The procedure involves injecting the toe with an anesthetic and cutting out the ingrown part of the toenail.





PODIATRIST SPOTLIGHT

DOUG BASSO, DPM



Originally from Collinsville, IL, Dr. Douglas Basso is excited to treat patients near his home. Dr. Basso attended Midwestern University in Glendale, Arizona for his Podiatric Medical Education. Upon completion, his professional podiatric training was done at Norwegian American Hospital in Chicago, IL. He received extensive training in rearfoot and forefoot surgery, wound clinic, and inpatient care during this time.

Dr. Basso is a member of The American Podiatric Medical Association, The Illinois Podiatric Medical Association, The American College of Foot & Ankle Orthopedics and Medicine, and The American Academy of Podiatric Practice Management.

Throughout 2011-2013 Dr. Basso proudly dedicated his time to community services, providing palliative care for the homeless and veterans.

Medical School: Midwestern University College of Podiatric Medicine, Glendale, AZ 2015

Residency: Norwegian American Hospital, Chicago, IL 2018

Board Certified: American Board of Podiatric Medicine since 2019

NATIONAL HOLIDAYS

National Employee Appreciation Day

#NationalEmployeeAppreciationDay is a day to commemorate all our employees for their hard work and dedication to the NextStep team. This year, the unofficial holiday falls on March 4th. We appreciate all our employees for all their contributions to the organization's success.

National Puppy Day!

This day is extremely important to our employees because it is a day to show off our 4 legged fur babies! See photos below.



National Doctors Day

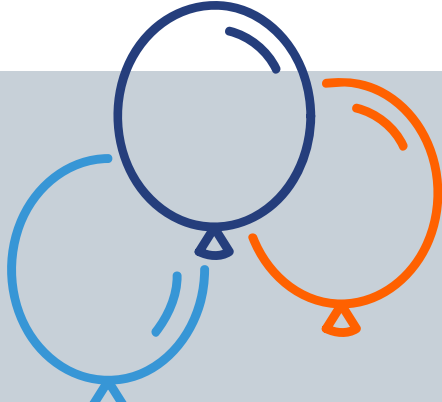
Every year on March 30th, National Doctors Day credits the medical professionals for their commitment and enthusiasm to the community. On #NationalDoctorsDay, we say “thank you” to our physicians and other surrounding physicians for all that they do for us!

National Medical Billers Day

On Mach 31st, we recognize the important work that medical billers do all year round. Medical Billers provide billing and other related services to doctors and healthcare providers and are a vital segment of the healthcare industry. Thank you to our medical billing team and enjoy #NationalMedicalBillersDay!

NextStep Work Party:

On Friday, February 25th we treated our employees and their families with a fun night out at Amp Up Action Park in Town and Country, MO. Needless to say, everyone had a great night out ax throwing, go-cart racing, and laser tagging!



EMPLOYEE BIRTHDAYS

- MAKENZIE, MARCH 3
- TORI, MARCH 23
- JESSICA A, MARCH 31

Follow us on Social Media!

