



Podiatry Clinic

Instructions for Patients undergoing Nail Surgery

The following information should be read prior to undergoing nail surgery:

Before Surgery

1. If under 16 years of age you will need a parent or guardian to accompany you, on the day of surgery, to sign the necessary consent form.
2. The procedure is completed under Local Anaesthetic and we recommend that you do not drive after surgery, as you may not be legally insured in the event of an accident.
3. Patient will be unable to drive post procedure. Please ensure that you arrange suitable transport home; it is best to arrange a lift with a friend or relative.
4. Do not starve yourself before surgery. We administer a local anaesthetic so it is best to eat as normal.
5. On the day of surgery, bring with you a pair of sandals, slippers or shoes that will accommodate the required dressing(s).

Post-Operative Requirements

1. Ensure that you have a supply of your usual pain killing medication in case you experience any postoperative discomfort. e.g. Paracetamol, Co-codamol etc. Do not take Aspirin.
2. You will require a supply of 'dry sterile' dressings e.g. Melolin, Tubular bandage and Micropore tape for redressing your toe(s).

If you have any further questions prior to the procedure, please contact The Corner House Foot & Health Clinic on (01480) 532883 during office hours.

The following information will assist you in the 'post operative' care of your toe(s).

After Surgery:

1. Rest for 24 – 48 hours and elevate your leg(s). After this period of rest you should be able to resume your normal routine, however avoid sports, swimming or other activities that may cause further trauma
2. If you experience pain or discomfort after the anaesthetic wears off, take your usual pain killing medication. Do not take Aspirin.
3. Do not remove the dressing; keep it dry and intact until you return to the clinic for your first re-dress appointment.
4. With some patients a small amount of bleed through is normal. If this occurs, apply another dressing and gauze over the existing one and elevate the leg.

If you have any problem or cause for concern, contact St Neots Podiatry Clinic **01480 802556** during office hours. Outside office hours contact your GP or 111 service, the NHS Walk-in Centre or local A & E department. Always present this leaflet which details the procedure performed along with the dose of anaesthetic administered.

General Nail Surgery Information

Although Nail Surgery is a simple minor procedure, it is important that you are advised of and understand the following information.

1. Your toe(s) will take approximately 6–12 weeks to heal completely.
2. There is a small (6%) risk of regrowth. If necessary the procedure can be repeated.
3. Phenol is used to destroy the nail matrix and causes a chemical burn that usually takes longer to heal than a surgical wound.
4. There is a small risk of postoperative infection. This risk can be minimised by following the advice given, you may need antibiotics if this develops.
5. Smoking will delay postoperative healing.
6. Systemic disease, impaired circulation and compromised immune systems can further delay healing time and increase the risk of postoperative infection.
7. You may experience some localised numbness after the procedure but this is normally self-limiting and short lived. On rare occasions this may persist.

Caring for your Toe(s) after Surgery

1. After your first redress appointment it will be necessary for you to redress your toe(s) daily or as advised by your podiatrist.
Keep the toe(s) dry until advised otherwise by your podiatrist
To avoid infection always wash your hands before changing dressings.
Remove all dressings.

Note: - If the dressings are stuck and difficult to remove then moisten to remove. Allow to dry naturally.

DO NOT touch the wound.

Apply one dry sterile dressing to the lesion and if necessary secure loosely with a small amount of tape.

Over this, apply a double layer of tubular bandage (cut at 3 x length of toe)

Secure the dressing with a length of tape (Micropore) but do not encircle the toe.

2. Please note that the toe(s) may look raw and weep considerably for the first 2 – 3 weeks, this is a normal part of the healing process and no cause for concern.
3. If you experience any increased pain or discomfort or are concerned about any other aspect please contact your podiatrist.
By adhering to the above instructions you should be able to minimise any postoperative discomfort and enjoy a speedy recovery.