

IMPORTANT INFORMATION FOLLOWING NAIL SURGERY

Please read this carefully. It will help you to know what to expect following your nail surgery.

If you have any concerns, please contact your Podiatrist at the address above during office hours, or your GP if you require assistance out of office hours.

POST OPERATIVE ADVICE

1. The anaesthetic will wear off after a short period of time. You may experience a little discomfort and may wish to take your preferred painkillers. Avoid Aspirin based products as they can cause bleeding.
2. Go home and rest with your foot/feet elevated.
3. Keep the dressing dry, if you notice any blood on the dressing, do not remove it but place a fresh dressing on top of it and keep the foot elevated.
4. Avoid tight socks, shoes, heavy bedclothes, sport or strenuous activity until otherwise advised.
5. Avoid alcohol for the remainder of the day following surgery.
6. It is important you attend your re-dressing appointments.

THE HEALING PROCESS

For each person the time that it takes for the toe to heal following this procedure is different, but on average it takes 6 to 8 weeks. The toe may appear slightly red and puffy for about 10 days, this is normal. It may weep slightly but will begin to dry out after 2 to 4 weeks, and a scab will form. **Do Not Remove The Scab.**

POSSIBLE COMPLICATIONS

Infection: This is characterised by a red painful toe possibly with thick discharge. There may also appear red streaks projecting from the toe onto the top of the foot. This may require further treatment, please consult your Podiatry Department or GP if out of hours.

Pain: Pressure from tight footwear will irritate the toe and delay healing. It is advisable to wear extra wide toe shoes/sandals to give room for the dressing.

Delayed healing: This can be caused by infection, pressure or certain medical conditions.

Regrowth This is when a small bit of nail grows again. This will only become apparent after 4-6 months. Contact your podiatrist if this occurs.

Phenol Burn: You may experience blistering around the wound site.

Dressing your toes after nail surgery:

- You **may** be advised to bathe your toe in a saline foot bath as directed by your podiatrist. See "How to prepare a saline foot bath."

- You must apply a sterile dressing to the toe until it is healed. See “How to apply a sterile dressing”.

If you follow these simple instructions you are helping to avoid foot infection and aid healing.

How to prepare a saline foot bath

If both feet bathe separately

1. Fill a clean bowl with enough warm water to completely cover your foot.
2. For each pint of water add one tablespoon of table salt (small handful).
3. Remove the old dressing and immerse the toe in salt water for 5 minutes. If the dressing does not remove easily, soak the toe in salt water for a couple of minutes and then remove the dressing.
4. Dry the foot with a clean towel and apply clean dressing as below.

How to apply a sterile dressing

Sterile dressings (Supplied/ Should be toe size tubegauze
Hypoallergenic tape eg Mefix, Hypafix, Micropore etc

1. Apply a piece of the dressing large enough to cover the operation site.
2. Apply the dressing to the wound surface it can be held in place with tape provided you do not wrap it all the way around the toe (if you are using Melolin it has a shiny side please place this facing the wound site and do not touch this side as it is sterile).
3. Cover with finger bandage and tape as shown by your Podiatrist.