

Toenail Surgery

Patient Information Leaflet

This leaflet can be made available
in alternative languages / formats on request.

如有需要，本传单可提供其他语言/版式
此單張的其他語言/格式版本可按要求提供

Na żądanie ta ulotka może zostać udostępniona
w innych językach/formatach.

Sanderson Suite 01744 646089/ 646098

Whiston Hospital
Warrington Road,
Prescot, Merseyside, L35 5DR
Telephone: 0151 426 1600

St Helens Hospital
Marshall Cross Road,
St Helens, Merseyside, WA9 3DA
Telephone: 01744 26633

Discharge Advice

You are having an operation for ingrowing toe-nail/s today.

This is when the side of the nail cuts into the skin, and becomes painful and/or infected.

All toes can be affected, but it is more common in big toes.

Part of the nail can be removed or all the nail.

The nail bed can also be removed and this will usually be decided in clinic.

There can be a recurrence of this problem.

Healing takes between four to eight weeks.

This operation is usually performed under local anaesthetic (an injection around the toe to numb the area).

It can also be performed under a general anaesthetic (when you are asleep).

Nail surgery is used to solve many common nail problems such as: ingrowing toenails, thickened and damaged nails, very curved (involuting) nails.

We may use a chemical called phenol to stop the nail regrowing.

You may need an appointment for a follow up, this will come in the post to you.

Other useful organisations

www.patientsupport.org.uk

www.patient.co.uk

www.nhsdirect.nhs.uk

Are there any risks?

No surgery is without risk. It is possible that:

- The nail will regrow
- The wound may get infected, and you may require antibiotics
- It may take longer than average to heal
- You may experience an allergic reaction to the local anaesthetic
- There may be some scarring
- The local anaesthetic may take longer than usual to wear off. It is very rare that it will not wear off at all and your toe will be permanently numb
- If we remove both sides of the nail you may temporarily lose the remaining nail
- Phenol - on rare occasions a reaction to phenol (if used) can cause burning and blistering. If this happens it usually subsides in a few days.

Your nurse today was :

Your surgeon was:

Contact Telephone Number :

Sanderson Suite Tel: 01744 646089/ 646098

Any concerns about your wound, you should attend your local walk in centre or urgent care centre. For any urgent medical advice that is not an emergency, you can access the NHS 111 service either by telephone or online.

Discharge information

- The toe may remain numb for up to 4 hours. You should rest the affected foot as much as possible, especially in the first 24 – 48 hours by raising it on a pillow or cushion. This will help with pain and swelling.
- After this period you may move around a little bit more, but keep your weight on your heel/s. You may have been given a special post op sandal to wear.
- Following nail surgery the toe will weep and stay moist at first. Small amounts of blood or discharge are normal and are an essential part of the healing process. This discharge does not necessarily mean that the wound has become infected.
- A small amount of blood/fluid may appear through the dressing. This is normal. If it looks to be actively bleeding apply pressure to the bleeding point for 10-15 minutes. However, if you experience a lot of bleeding which cannot be stopped by raising your foot, and applying pressure you should seek medical advice.
- Take your normal painkillers to reduce any discomfort (if needed) and follow the instructions on the patient information leaflet. Again, keeping the foot elevated will help with pain relief.
- Keep foot/feet and dressings dry and in place at all times.
- Do not get your toe wet in the bath or shower.
- Watch circulation in toe/s. If it turns white/blue/ dusky, please seek medical advice.

- If you notice any redness, inflammation or heat surrounding the good tissue around your wound, a smelly discharge, a sudden pain that is different to how it has been feeling, or you feel your general condition has deteriorated in anyway, please seek medical advice from your GP/ out of hours services/ walk in centre/ urgent treatment centre or NHS 111.
- You may need time off from school or work. It is important to avoid any undue pressure or injury in the toe, it maybe advisable to inform your teacher/employer of the procedure that has been carried out.
- Please do not do any sport e.g. swimming, football, dancing, rugby, athletics, extended walks/hiking, gym work etc. until your toe has healed completely.
- You may need to arrange for a first change of dressing/ and in some cases for the removal of sutures. You will need to contact your local treatment room or walk in to book yourself in. You will be supplied with dressings for the first dressing change (if applicable).
- You must not drive until the effects of the anaesthetic have worn off (as advised by the DVLA). Do not use public transport or walk home after your surgery. Please make alternative arrangements. Due the nature of the surgery it is advisable not to drive until you have checked with your insurance company. Your surgery must not interfere with you maintaining control of your vehicle.

Please contact your local treatment room if your require an appointment for dressing changes and wound checks, and/ or suture removal on the following number (alternatively you should be able to access this service at your local walk in centre).

Telephone

For

Alternatively you may be brought back to clinic for the dressings to be removed. An appointment will be sent out to you for this.