

INGROWING TOE NAILS

WHAT TO EXPECT WITH INGROWING TOE NAIL SURGERY

Thank you for coming for an assesment today. After discussing all the option, we came to the conclusion that you need nail surgery, so here's what to expect....

WHAT IS NAIL SURGERY?

Nail surgery is a procedure routinely carried out to remove a part of a nail that is causing infection, odd shape, thickness or pain.



As discussed in your appointment, there are sometimes alternative treatments including careful nail cutting, avoiding tight fitting shoes and regular nail cutting by a Podiatrist.

The risks of not having the surgery are:

- risk of infection and
- continuing pain

WHAT HAPPENS ON THE DAY?

- A local anaesthetic is injected into the base of your toe on each side to stop you feeling pain. We test the toe to ensure that it is numb before starting the procedure
- A tight elastic band is put onto your toe(s) to prevent bleeding during the procedure
- Either a peice of nail or the whole nail will be removed and a chemical called phenol applied. This chemical stops the nail growing back
- The tourniquet is then removed and the toe has some dressings put over it.



To book an appointment to see a Podiatrist

Call 0800 999 7337

WHAT HAPPENS AFTER?

- The local anaesthetic will wear off in 2-4 hours after the procedure
- We will see you 7 days afterwards to make sure everything is as it should be
- If you have an active job you may need to take a day or two off to rest the toe(s).
- We recommend that a young person at school/college does not go back to school until you have changed the 1st dressing i.e 24/36 hours after the procedure.
- We advise that you do not drink alcohol on the day of the procedure and no ibuprofen, just paracetamol.
- If you drive, you should not drive back from the nail surgery appointment as your insurance will be void with a numb toe
- You should not go back to sports for at least 3 weeks after and should not swim until healed.

ADVICE FOR THE DAY

- Have a light meal before you come
- **If applicable remove nail varnish**
- Wear an open toe sandal or large slipper - the bandage afterwards is **BIG**
- Bring a list of medication you may be on (if applicable)
- If you like, bring a friend/relative/carer for support and to drive you home
- Do not use public transport immediately after or walk home as this may cause bleeding. Please arrange a lift or taxi

The procedure takes no more than 20 minutes but allow an hour and a half for your appointment.



I hope this helps and we will see you soon to fix your toe.

To book an appointment to see a Podiatrist
Call 0800 999 7337