

NAIL SURGERY

This leaflet has the information you will need before, during and after nail surgery. Please read it carefully. If you have any questions ask your Podiatrist.

Nail surgery can permanently correct problem nails. Some people need help with a troublesome nail due to:-

- The shape of the nail causing pressure on the skin. This might be either an excessively curved nail, extra wide or thickened.
- The nail has a small spike that has cut into the skin and needs to be removed. This is called an in-grown toe nail.

The offending nail or piece of nail will be removed. This area will be treated with a chemical called phenol which will destroy the nail growing cells and prevent the nail growing back.

The average healing time for a section of nail removed is 4-6 weeks and for a whole nail 6-8weeks.

Intended benefits

ON THE DAY OF THE PROCEDURE

IMPORTANT

Tell the Podiatrist if you have any recent changes to your health or medications, if you are pregnant or breastfeeding.

- If you have asthma, angina or any other condition that can be brought on by stress, ensure you have your medication with you.
- Continue to take any prescribed medication unless otherwise directed.
- Tell the Podiatrist if you have had other local anaesthetic in the previous 24 hours, for example at the dentist.

- To alleviate pain and resolve the problem.
- To reduce the risk of recurrent infection.

Have a light breakfast/lunch/dinner.

Arrange for someone to pick you up from the clinic or arrange a taxi as you cannot drive with an anaesthetised toe.

If you are under 16 years old you must be accompanied by a parent or guardian as they must sign the consent form on your behalf.

REMOVE ANY NAIL VARNISH

Bring some flip-flops/sandals or loose shoes as the first dressing will be bulky.

You can have someone with you during the operation if you would like to.

You will be given a minimum of 2 injections at the base of the affected toe.

The anaesthetic numbs the toe – you will not feel any pain. However, it is usual to feel pressure and movement in the toe during operation

The offending piece of nail will be removed and the area treated with phenol

A thick dressing will be applied following the surgery.

AFTER THE OPERATION

- Do not drive until you have regained all the feeling in your toe. Your insurance may be invalidated if you have an accident.
- You should go straight home and rest with your foot up. This reduces any bleeding, swelling and pain.
- Try to rest your foot as much as possible during the first few days following surgery.
- The dressing must be kept on and dry until your first redressing appointment. If it becomes loose apply some surgical tape to fasten it down.
- You may notice a small amount of blood on the dressing . This is quite normal. Simply apply some gauze over the dressing.
- If you experience pain once the local anaesthetic has worn off, you may wish to take a painkiller that you are familiar with.

RISKS OF THE PROCEDURE

You should be aware of potential risks that may occur, however, these risks are not common.

- In a small number of cases the nail or part of the nail may grow back. This may require a further operation
- Even with the best care, an infection can develop. This may require a course of antibiotics
- In some cases there may be a delay in the anticipated healing time.
- In extremely rare cases local anaesthetic has been associated with an allergic reaction.

If you feel constant coldness, undue pain, excessive bleeding or discolouration of the affected area, you should telephone or return to the clinic immediately. Outside clinical hours, or in the event of an emergency, you should contact your GP or Accident and Emergency Department at your local hospital. Inform them of the procedure carried out.

Optimotion

**ADVICE FOR PATIENTS
HAVING NAIL
SURGERY**