



## Contact us

We're here to help. Get in touch by calling the Podiatry Team on 0117 919 0275 or to tell us about your service experience contact the service manager on the contact number above or request a 'How are we doing?' leaflet.



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If you require this leaflet in another format or language, please contact us on [comms@briscomhealth.nhs.uk](mailto:comms@briscomhealth.nhs.uk) or ring 0117 900 2198 and we will be pleased to assist you.

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# Toe Nail Surgery

## Patient guide



## Nail surgery

The podiatrist has discussed nail surgery with you. This leaflet is to remind you of the main points:

- Nail surgery is a simple routine procedure carried out under local anaesthetic.
- It is mainly used to treat painful ingrowing toenails, curved nails or nails that are thick.
- You may see a different podiatrist to the one you see at your clinic.



## What does it involve?

- You will be given an injection of local anaesthetic. This will numb your toe so you do not feel any pain during the procedure.
- The part of the nail that is causing the problem will then be removed and a chemical applied to the nail bed. This should prevent the nail from growing back.
- A large dressing will then be applied to your toe. **Please bring sandals or flip-flops as normal footwear may not fit.**
- You will be seen the next day for a re-dressing.
- The toe will take approximately 6-8 weeks to heal. During this time it will be necessary for you to change the dressings as advised by your podiatrist.
- You will be provided with dressings for the first week only.
- The anaesthetic will gradually wear off after a few hours. You may experience some pain or throbbing. Pain killers can be taken for this. Do not use aspirin or brufen based pain killers as they can prolong any bleeding.
- You will need to organise a lift home after surgery as you will not safely be able to drive your car, and your insurance will not be valid as your toes are numb.
- Once you are home we advise you to rest with your foot up for a minimum of 2-3 hours.



## What does it involve? Continued...

- The following day you will be able to walk and drive although it will be tender so try to avoid any activities that will place additional pressure over the site if possible.
- Prolonged standing or walking may cause your toe to be more painful, but generally you will be well enough to go back to school or work the next day.
- Children under 16 years of age must be accompanied by a parent or legal guardian so written consent can be obtained.
- It is very important that you eat prior to your nail surgery. You may also like to bring a drink with you.
- Take your normal medication as prescribed unless advised otherwise.



## Possible complications

With any surgical procedure there may be complications which you should be aware of. With nail surgery these may be:

### Regrowth

For a small percentage of patients the operation may not be successful and further treatment may be necessary.

### Infection

Very occasionally the toe may become infected after surgery and may require antibiotic treatment. Your podiatrist will advise you if necessary.

### Pain

There may be slight residual pain after the toe has healed, especially if tight shoes are worn.

### Loss of sensation

There may be loss of sensation around the injection sites but this is very rare.

If you would like any further information you should ask your podiatrist. Turn over for our contact details.