



NAIL SURGERY

Post-operative and Re-dressing information

This leaflet will inform you what to expect following your nail surgery.

You have had Toe Nail Surgery with/without Phenolisation

Partial nail avulsion / Total nail avulsion

The local anaesthetic used: Scandonest 3% Plain (Mepivacaine Hydrochloride)

In the unlikely event that you should seek medical attention before your re-dressing appointment, please inform the practitioner of the above details.

Your Podiatrists Name:

Signature:

Date:

Day of surgery

- Go home immediately after surgery and rest with your feet elevated for at least 2 hours. This helps the blood to clot and promotes healing.
- If the toe is painful after surgery, pain killers may be necessary. Make sure you avoid taking Aspirin based products as this may make the wound bleed more.
- Sometimes the toe can bleed through onto the bandage. If this happens elevate the foot more and apply another dressing on top. **DO NOT** remove the dressing. If the toe continues to bleed after these steps please contact the department or the out of hours service
- The anaesthetic will wear off after 2-3 hours.
- Avoid drinking alcohol for 24 hours after the operation

1-2 days after surgery

- On the day of your surgery you will be given an appointment for 1-2 days later. At this appointment the Podiatrist will remove the dressing and assess your toe. **The dressing must be kept on and dry until this appointment.**



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2-12 weeks after surgery

- Your Podiatrist will show you how to redress the toe and you will be required to do this every day until it heals. Unfortunately, the department does not provide dressings but will recommend a suitable sterile dressing to purchase.
- Healing times can vary from 4-12 weeks depending on the individual.
 - During the first few weeks you will need to be careful in your choice of footwear. Wear loose fitting shoes to avoid pressure on the toe.
 - It is recommended that swimming is avoided until the toe has completely healed and no contact sports for at least 2 weeks
- **The application of phenol to destroy the nail bed causes a chemical burn. The wound will discharge and surrounding areas may become red and inflamed. This is normal. BUT if the toe becomes hot, swollen or painful, you may have an infection. Should this happen, please contact your GP/Walk In Centre/Out of Hours. Please also contact Podiatry for advice.**

Redressing Procedure

You will need:

- A clean bowl and clean towel
- Sterile dressing (Recommend dressings are Sterile Gauze or Melolin)
- Tubinette (viscose stockinette) size 12 (big toes), size 01 (small toes)
- Adhesive surgical tape e.g Mefix, Micropore.

Remove the old dressing and redress the toe using the following instructions. If possible, avoid getting the dressing wet when showering/bathing. Wash your hands thoroughly before you start.

- Half fill the bowl with warm water.
- Add a tablespoon full of table salt and allow to dissolve.
- Place your foot in the water and soak your foot for 3 to 5 minutes.
- Apply the sterile dressing with the tape. Take care not to wrap the tape around the toe too much and don't apply it too tight. Secure with the tubegauze.

You can stop dressing the toe when it is dry and there is no discharge on the dressing when you remove it. This may take 4-12 weeks. Until then please keep the wound covered with a sterile dressing.

You will remain registered with the Podiatry service for 3 months after your surgery. Please contact the service if you have any concerns.



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For more information please contact:

Community Podiatry Services
Swindon NHS Health Centre
1 Islington Street
Swindon
SN1 2DQ

Clinic and Office Hours:
Monday to Friday 08:30 – 17:00
(You can also leave a voicemail and we will return your call within 48 working hours).

Telephone: 01793 607860
Email: gwh.podiatryadmin@nhs.net

Smoking will not be permitted on any NHS site in England. Smoking will not be permitted within any of our buildings or anywhere outside on our sites. Smoking facilities will not be provided. Please be considerate of others when vaping in hospital grounds.

This information sheet is available to order in other languages and formats. If you would like a copy, please contact us on 01793 604031 or email gwh.pals@nhs.net

Document Control

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