



Patient Information

Nail Surgery Pre-operative Information

You may have been advised that you could benefit from Nail Surgery. This leaflet will inform you about the procedure.

Total nail avulsion

If the troublesome nail is excessively curved or thickened it may be the best option to remove the whole nail

Partial nail avulsion

If the nail is in good condition it may only be necessary to remove a small section of nail from one or both sides of the nail leaving a narrower but flatter nail

The procedure

Local anaesthetic is administered into the base of the toe to make it numb. A tourniquet is applied around the toe to temporarily restrict blood flow. The troublesome part of the nail or the whole nail is removed and a chemical called phenol is rubbed into the nail bed to prevent the nail re-growing. If the nail is allowed to re-grow the same problems are likely to occur. The tourniquet is removed and a large sterile dressing is applied. The procedure itself takes about 10-15 minutes. However, you may be in the clinic for up to an hour as the time taken for the anaesthetic to take effect is different for each individual. Please do not arrange to have any other procedures for example, dental appointments that need a local anaesthetic 24 hours before or after this procedure. Please eat and drink normally before the operation.

- **Risks of procedure**

As with any minor operation there will always be a few potential risks. Every effort is made to minimise the risks and although the following complications are possible they are infrequent.

- **Nail re-growth**

This only occurs in approximately 5% of operations. The re-growth is usually a small piece of nail and is less problematic than the original condition but the procedure can be done again if necessary.

- **Phenol burn**

The phenol used to prevent nail growth can sometimes seep under the nail or cause the surrounding areas of skin to become red.



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- **Infection**

Your toe may become red, painful, inflamed and hot if it acquires an infection. You should contact your General Practitioner (GP) as antibiotics may be necessary if this occurs.

- **Delayed healing**

Some medical conditions and medication can make the healing times longer. If this is the case, the delayed healing will be discussed and managed with the Podiatrist and may require additional follow up appointments. Healing may also be delayed if you are a smoker.

- **Adverse reaction to local anaesthetic**

In very rare cases the anaesthetic can cause an allergy type reaction. If you have ever had any bad reaction to anaesthetic before, it is very important to mention it to your podiatrist.

Remember to wash your feet thoroughly before you attend for surgery and remove all nail polish

Transport

Make sure you have arranged a lift home from the surgery. **You are advised not to drive, take the bus or walk home.**

Footwear

Bring sandals or open toed shoes as the dressing may be too bulky for closed in footwear. Avoid wearing tight fitting shoes until the wound has healed. Excess pressure on the toe will delay healing.

Activity after surgery

Go home immediately after surgery and rest with your feet elevated for at least two hours. This helps the blood to clot and promotes healing. You may return to work/school the next day. It is recommended that swimming is avoided until the toe has completely healed and contact sports for two weeks.

Healing times

The average healing time for a partial nail avulsion is six to eight weeks and for a total nail avulsion is six to twelve weeks.

Pain relief

If the toe is painful after surgery, take a pain killer that **does not** contain Aspirin for example Paracetamol. Aspirin based products may make the wound bleed more.

Redressing the toe

An appointment will be booked a few days after surgery for the Podiatrist to review your toe. After this you are expected to re-dress the toe daily until it heals. **Unfortunately, we cannot provide the dressings but will give you information on the dressing procedure and what type of dressings to obtain.**

Consent

On the day of surgery you will be asked to sign a consent form to agree to surgery. Patients under 16 will need a parent/guardian to sign for them and to accompany them.

Please inform the podiatrist of any change to your medication or health since your first appointment. If you suspect you are pregnant, please inform the service immediately as it may not be appropriate for you to have surgery.



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For more information please contact:

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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

From 1st January 2019 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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