Your local NHS podiatry service

For more information about NHS Podiatry in Hertfordshire please visit our webpage at: www.hertschs.nhs.uk

or contact:
Hertfordshire Podiatry Service
Head Office
Harpenden Memorial Hospital
Carlton Road
Harpenden
AL5 4TA
Telephone: 01582 711544

If you wish to see a private practitioner, we recommend practitioners who are registered with the Health and Care Professions Council and who describe themselves as a podiatrist or chiropodist. These are protected titles in law and may only be used by persons who are registered with the Health and Care Professions Council.

For more information visit: www.hpc-uk.org

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14 Tewin Road
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Hertfordshire
AL7 1BW
Telephone: 01707 388000
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Email: enquiries.hchs@nhs.net
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If you would like a copy of this document in LARGE PRINT, Braille or audio tape, or would like this information explained in your own language, please contact 01707 388038
We want your toe to heal as quickly as possible, healing can be delayed if the toe becomes infected or is injured. To help your toe to heal quickly follow the podiatrist’s instructions on how to look after your toe.

The podiatrist will show you how to change the dressing at your first redressing appointment. They will also advise you on how often you need to change the dressing. You may need to keep your toe dry until the wound has healed; your podiatrist will advise you on this.

Please read through this leaflet fully before dressing your toe.

What you will need

- Jug of salt water: put a handful of cooking salt in a jug of cooled boiled water that is luke-warm.
- Clean bowl big enough for your foot.
- A sterile non stick absorbent dressing*.
- Tubinette or tubigauze*.
- Adhesive tape such as Micropore or Mefix*.

* Dressings can be purchased as a pack from the Podiatry Service by post or you can buy them from a chemist or supermarket.

How to change the dressing

Wash your hands thoroughly before beginning and dry them with a clean towel.

1. Remove the old dressing (may need to be soaked off) and throw it away.
2. Cleanse the toe by placing your foot in the bowl and gently pouring the salt solution over your toe. You may soak the toe in the salt water for 5 minutes instead.
3. Dry gently and thoroughly around the toe without touching the wound. Pat gently rather than rubbing the toe.
4. Cover your toe with the sterile dressing and strap it to your toe with a thin strip of adhesive tape. Don’t wrap the tape around the whole toe. Make sure that you don’t touch the side of the dressing that will go next to the toe.
5. Cut a length of tubigauze thats approximately 3 times the length of your toe.
6. Place the tubigauze over the sterile dressing, twist the tubigauze about 1½ times and pull it back over the toe. Secure with adhesive tape at the base. Again don’t wrap around the whole toe.

Don’t forget

- For the first few days after surgery sit with your foot up whenever possible. If pain is experienced, take painkillers that you would normally take for a headache - not aspirin (always following recommended doses).
- Look after your toe - avoid knocking or injuring the toe as this will delay healing.
- Avoid wearing tight shoes as this will put pressure on the toe and could delay healing.
- Healing may be delayed if the dressing keeps getting wet and/or dirty.
- The signs of infection are:
  - Colour - white skin will usually become bright pink or red. Brown or black skin may become darker.
  - Swelling - the infected area may be puffy and appear swollen.
  - Temperature - the infected area may feel hot to the touch.
  - Pain - the infected area may throb and be more painful
- It is normal for the wound to weep a watery/red/non-odourous fluid. If this becomes yellowy/green with an unpleasant smell an infection may be present.
- If two or more of these signs are present please phone the podiatrist for advice as soon as possible or see your GP as you may need antibiotics.

After care

- The toe will be healed when you have removed three consecutive clean, dry dressings and you can then stop dressing the toe.
- Very rarely, a small section of nail can regrow. If this happens and is causing discomfort then please contact the Podiatry Service on 01582 711544.