

Redressing the toe

At your first dressing appointment you will be shown you how to redress the toe. The toe must be kept clean, dry and covered with a sterile dressing until the toe has healed.

During this time you will need to avoid tight fitting shoes as this could delay healing.

Your podiatrist will advise you on which dressing you will need to buy. You may be asked to attend regular follow-up appointments.

The average healing time is 6-12 weeks.

Possible complications

- It is possible to be allergic to the anaesthetic and chemicals used. This is very rare.
- The area of numbness can remain for longer than usual. If this happens the feeling usually returns but it can take months. This is very rare.
- Occasionally the phenol can cause skin burning and blistering. If this happens it usually subsides in a few days.
- The toe may become infected and require a course of antibiotics from your GP.
- There is a chance that some or all of the nail can regrow. This happens in 5-10% of cases.
- Where only part of the nail has been removed the remaining nail can fall off. It usually grows back normally but in rare cases it may grow back damaged.

Whilst every effort will be made to provide a cosmetically acceptable outcome (see photo example), the final appearance of the toe cannot be guaranteed

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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

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.hpcp-uk.org



Hertfordshire Community
NHS Trust

A guide to Nail Surgery What to expect

PODIATRY SERVICES IN HERTFORDSHIRE
Advice on foot care and health



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You may be considering having nail surgery on your toes. This leaflet aims to provide a basic guide to the nail surgery procedure, what will happen at the appointment and the follow-up care.

Why nail surgery?

Nail Surgery is a simple, outpatient treatment to solve many common nail problems such as:

- ingrowing toenails,
- thickened and damaged nails,
- very curved (involved) nails.

It involves taking part or all of the nail away, using a local anaesthetic to numb the toe. We use a chemical, called phenol, to stop the nail permanently regrowing.

Who is nail surgery for?

You will have an assessment appointment with a podiatrist to think about your suitability.

We will consider:

- your medical history and medication,
- any allergies,
- the circulation to your feet,
- if you have had problems with a local anaesthetic before.

You will be asked to confirm your medical history and relevant details. In some cases we may need to seek advice from your GP before we can decide if nail surgery is right for you.

Your consent to treatment

Part of the assessment involves asking you to sign a consent form. If you are under 16 this needs to be signed by the person who has parental consent. They must also come with you to all appointments.

Additional consent for the use of the local anaesthetic will be required for anyone under 16.

What happens on the day?

Our nail surgery service is carried out at various clinics across Hertfordshire. The appointment should last for approximately one hour.

You can have your meals as normal as this will not interfere with the local anaesthetic. **It is important that you do not have any other anaesthetic**, local or general in the 24 hours before or after the nail surgery.

You should continue to take any medication prescribed by your GP.

You will need to bring:

- footwear to accommodate a bulky dressing, preferably open toed,
- any medication you are currently taking,
- you will need to arrange transport home as your insurance will not cover you to drive for 24 hours after the procedure.

On the day we will review your medical history and relevant details. The podiatrist will discuss any queries or concerns you have.

The procedure itself

A local anaesthetic is injected. It works by blocking pain, although you will feel pressure and movement. It takes about 10 to 15 minutes to go numb, though some people take longer. When we, and you, are happy that the anaesthetic has worked the procedure can begin:

- you may be weighed before the procedure to enable us to calculate the correct dose of local anaesthetic required.
- a small rubber ring, or tourniquet, will be placed on the toe,
- the nail or part of the nail will be removed,
- the chemical, phenol, is applied for a set time,
- the tourniquet is removed and the toe is dressed with a specially designed pressure bandage.

After the procedure

A redressing appointment will be made for you within a week following the procedure at one of the podiatry clinics:

- you need to keep the bandage on and dry
- until your first redressing appointment,
- your toe may remain numb for up to 3 hours,
- you will need to rest with the foot up for the rest of that day. After that you can walk normally but avoid any activities that will put pressure on the toe e.g. sports, tight shoes.

