

Your local NHS Podiatry Service

For more information about NHS Podiatry in Hertfordshire please visit our webpage at:

www.hct.nhs.uk

Hertfordshire Podiatry Service
Head Office
Sandridge Gate
Ronsons Way
St Albans
AL4 9XR
Telephone: 01727 732004

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
Head Office
Unit 1a, Howard Court
14 Tewin Road
Welwyn Garden City
AL7 1BW
Telephone: 01707 388000

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



Hertfordshire Community
NHS Trust

After Nail Surgery Redressing your toe

PODIATRY SERVICES IN HERTFORDSHIRE
Advice on foot care and health



Innovative 

Agile 

Caring 

We want your toe to heal as quickly as possible. Healing can be delayed if the toe becomes infected or is injured. To help you toe to heal, follow the podiatrist's instructions.

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 island dressing e.g. softpore/mepore

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 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 affected area. Pat gently rather than rubbing the toe
4. Take the island dressing out of the pack and do not remove the backing at this stage. Make 2 short cuts along the long edge of the dressing, about 2.5cm apart, to create a flap
5. Peel the backing off and without touching the dressing pad place it over the wound, folding the adhesive flap over the end of the toe
6. Wrap the remaining adhesive dressing around the toe

Go to www.healthandcarevideos.uk/feet to see a video guiding you through this dressing procedure

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 can be delayed if the toe gets wet or dirty. Keep your toe clean and dry, apart from when you cleanse it with salt water
- 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-odorous 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. You can then stop dressing the toe
- Very rarely, a small section of nail can regrow. If this happens and is causing discomfort, please contact the Podiatry Service – details overleaf