

Day of your surgery

On the day of surgery, it is important that you arrive on time for your appointment

Prior to the operation I will discuss the procedure with you and ask you to sign a consent form. If you are under the age of 16 it will be necessary for a parent or guardian to accompany you for your treatment.

There are 3 stages to the operation

1 A local anaesthetic will be administered to two sites at the base of the toe, this will take away any discomfort associated with the operation.

2 When the Podiatrist has tested and is satisfied the toe is anaesthetised (numb), the in growing/problematic section nail will be removed and a chemical will be used to prevent further nail growth of the section removed.

3 A large dressing will be applied to the toe, you will be able to walk normally in open toe adjustable or shower type sandals

After your surgery

- After the procedure the toe will remain anaesthetised for approximately 1 hour, so be careful not to knock the toe.
- If you experience pain, throbbing or discomfort as sensation returns please use the painkillers that you would usually take for a headache, **but avoid Aspirin based products.**
- If you experience further bleeding or oozing through the dressing, **add extra gauze over** the existing dressing and **elevate the leg** (don't remove the dressing)
- Do not remove or get the dressing wet.
- You must rest with your leg elevated for the first 24 hours after the operation.
- Your first redressing will be the day after the operation, the redressing procedure will be explained and demonstrated and your dressings will be issued to you.

Long term post-operative advice

- The average healing time for this operation is 6-8 weeks.
- Sporting activities including swimming should be avoided until the wound has healed.
- School children should be excused from sports until the toe is healed.
- Depending on how the toe is progressing, the Podiatrist may advise you that you can get the toe wet as long as you change the dressing immediately afterwards.
- It is normal for a wound to weep and for the areas where the nail was removed to be inflamed.
- If the toe becomes red, swollen, painful, discharges pus then the toe may have become infected, you may require Antibiotics from your GP (always contact your Podiatrist for advice).