

Post-operative do's and don'ts

Do

- Eat and drink normally
- Wear shoes that allow room for your bandaged toe(s)
- Rest and elevate your feet
- Take your normal painkillers (but not aspirin)

Don'ts

- Do not wear tight shoes
- Don't drive with a numb toe(s)
- Don't smoke
- Don't take Aspirin
- Don't take alcohol
- Don't get your toe(s) wet

Redressing instructions

Every two days, or when the dressing gets wet, carry out this procedure

Remove the dressing and gently bath the toe(s) in a salt water bath (bowl of warm water with a table spoon of table salt for approximately 5-10 minutes, remove the toe(s) from the salt water bath and allow to dry naturally (do not use a towel).

Apply a small amount of Betadine ointment to the dressing, ensure that only the ointment contacts the dressing and not the tube, using the minimal touch technique demonstrated apply the dressing, ensuring the wound areas of the toe are completely covered by the dressing.

Signs of Infection

Immediately after the operation it is quite normal to experience some discomfort, weeping and swelling. However, if beyond this time the toe or the surrounding area becomes very red, swollen, and painful for no obvious reason (such as someone accidentally standing on the toe) you may have an infection, please contact your GP as you may require some antibiotics. Please also contact the Podiatrist.

Nail Surgery Information Sheet NS3&4 Combined