

Nail surgery

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What is nail surgery?

Nail surgery is the removal of all of the toenail or part of the nail. A local anaesthetic is used so that you will feel no pain during the procedure. After the removal of the nail, a chemical may be applied to the exposed nail bed to prevent regrowth by destroying the nail cells. (However, it is possible that some nail regrowth may occur). Healing takes between four to eight weeks.

On the day of the surgery

- Please wash your feet and remove all traces of nail varnish
- Do not drink alcohol prior
- You may eat as normal
- Take medication as normal
- Bring suitable footwear to fit your dressing which may be bulky
- You should not drive immediately after surgery and should avoid public transport to avoid injury.

The procedure

- Your procedure will be performed by your Podiatrist and will take less than 1 hour. After which you will return home.
- Your toe will be injected with local anaesthetic prior to surgery, this means surgery should be totally pain free.
- Once numb, a tourniquet is applied to prevent bleeding and surgery may begin. Once complete this is then removed and dressings applied.

Possible side effects of local anaesthetic

Side effects are rare, however those that may occur are:

- nervousness
- dizziness
- blurred sight or shakiness
- drowsiness
- fits
- Loss of consciousness
- Breathing difficulties
- low blood pressure

- slow heartbeat

In extremely rare cases, local anaesthetics have caused an allergic reaction with rashes, swelling or very low blood pressure. You must inform the podiatrist of any previous reactions or complications that have happened when you have had a local anaesthetic in the past.

After the surgery

- The toe may remain numb for up to 4 hours. You should rest the affected foot as much as possible, especially in the first 24–48 hours by raising it on a pillow or cushion
- Paracetamol is advised for pain relief post procedure (if needed) and follow the instructions on the patient information leaflet. Avoid Non-steroidal anti-inflammatories drugs like Ibuprofen or naproxen after surgery as this may increase bleeding. If you have been prescribed aspirin by your GP or consultant, you should continue to take this
- Keep the dressings dry and in place. A small amount of blood/fluid may appear through the dressing. This is normal. However, if you experience a lot of bleeding which cannot be stopped by raising your foot, you should seek medical advice.
- Avoid drinking alcohol following the surgery
- You may need time off from school or work. It is important to avoid any undue pressure or injury in the toe; it may be advisable to inform your teacher/employer of the procedure that has been carried out.

Redressings

- The first redressing will be undertaken within seven days of the surgery. The bulky dressing will be replaced by a much thinner sterile dressing
- Following nail surgery, the toe will weep and stay moist at first. Small amounts of blood or discharge are normal and are an essential part of the healing process. This discharge does not mean that the wound has become infected
- Do not use antiseptic creams, solutions or dressings as these may affect the wound healing process
- If you experience a sudden increase in temperature, pain or excessive inflammation/swelling this may indicate that the toe has become infected. Please contact your Podiatrist or GP or Out of Hours Services for advice as further treatment may be required
- Avoid strenuous exercise or sport until the nail bed has fully healed.
- This usually takes between 2-6 weeks.

Wound care regime

This is the template for your wound care, your Podiatrist may alter this depending on your unique circumstances.

Day	Action
1 (day of surgery)	Rest, keep foot elevated, keep dressing on and keep it dry. Apply more bandages if necessary. Take paracetamol if needed.
2	Keep dressing in place and keep dry. Return to normal daily activities provided they are safe and comfortable to do so, wearing appropriate footwear. Avoid sport.
3	First change of dressing, most patients will do this themselves unless it is prior arranged to have it done for you. Dressings will have been supplied to use. Unwrap and remove the bandages and soak off any stubborn dressings in salt water. Gentle clean and soak off any dried blood or oozing. Dry and redress. Send photo of the wound to kentsportspod@gmail.com with relevant information
4-10	Daily redressing and cleaning with salt water. Keep salt bathing to no more than 1-2 mins unless otherwise advised. Dressing to be changed as soon as possible to getting wet. ie showering etc. Can return to non-contact sport, avoid swimming, and providing exercise is comfortable. Photo update on day 10 unless otherwise advised.
10+	Continue with wound care until wound is healed and no longer oozing. (used dressings will appear unstained when removed) Weekly photo updates until healed.

If you have any questions, please ring the clinic number or email

Phone. 01622961005

Or Email kentsportspod@gmail.com

Or visit www.kentsportspod.com

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