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Preparing for Nail Surgery and Your Aftercare.

What is nail surgery?

Nail surgery is the removal of all of the toenail or part of the toenail. 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 on average between four to eight weeks.

One the day of the surgery.

- Please take a bath or shower
- Please remove all traces of nail varnish
- Do not drink any alcohol
- Eat a normal light meal before surgery
- Take any medication as normal unless otherwise advised
- Bring suitable footwear that will fit over a bulky dressing i.e. sandals
- You should not drive home yourself, so please bring someone with you who can take you home. It is advisable to avoid driving for 24 hours after your surgery.

The Procedure.

The procedure will take approximately an hour.

You will be required to sign a consent form and pay for your surgery prior to the procedure.

A local anaesthetic will be injected into both sides of the base of the toe. The sensation of both touch and pressure are not affected, this is normal. The local anaesthetic may cause some discomfort when being injected into the toe.

Once the toe has been fully anaesthetized, a tourniquet (tight band) will be applied to the toe to prevent bleeding during the procedure.

After the surgery, the tourniquet will be removed, the toe will be checked for return of your blood supply to the toe and a sterile dressing will be 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 extreme rare cases, local anaesthetic 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.
- Take your normal painkillers to reduce any discomfort (if needed) not aspirin.
- 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 call us.
- Avoid drinking alcohol following surgery.
- You may need time off school/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.
- Following nail surgery it is normal for the toe to weep and stay moist. Small amounts of blood and discharge are normal and are an essential part of the healing process. This discharge does not mean that the toe has become infected. However, if you are concerned please call us.
- Please avoid any strenuous exercise or sport until the nail bed has fully healed.

Redressing's.

We will arrange a first redressing appointment with you before you leave. This is usually within 2-3 days post-surgery. You will be given a dressing pack and dressing instructions. Please change your dressing daily. If you get your toe wet at any point please also change the dressing. Depending on how well the site is healing we will see you for follow up redressing appointments until the area has healed. Further dressings can be purchased from your local chemist. Please do not use any antiseptic creams, solutions or dressings unless advised to do so.

How to redress your toe following nail surgery.

Please change your dressing daily. Should you get your dressing wet please also change it.

1. Remove the old dressing
2. Spray a liberal amount of Clinisept+ on the toe and wound. Allow this to stay on the toe for 2 minutes.
3. Dry around the toe with clean cotton wool (cotton wool pads are good for this) and then lightly dry the wound area using a fresh piece of cotton wool or cotton wool pad. Do not rub the area, you are only wanting to take off the excess Clinisept+.
4. Open a pack of Melolin and apply a strip of hapla band or micropore to the non-shiny side of the dressing.
5. Gently apply the Melolin (shiny side) to your wound. Fix the tape around your toe with slight pressure but not too tight.
6. Cut 3 x the length of your toe of tubi-gauze.
7. Open one end of the tube-gauze and put over your toe. Twist the tubi-gauze (max 2-3 twists) and turn the remaining tubi-gauze inside out and down over your toe.
8. Fix the tubi-gauze with hapla band or micropore to your foot.

The time you decide to re dress your toe is your decision but please remember if you get your foot/toe wet the dressing needs to be changed as soon as possible so to avoid infection.

Clinisept+ is a safe skin cleanser. It contains a proprietary hypochlorous solution which provides antimicrobial protection. It is gentle on skin as it doesn't harm, irritate or sensitize the dermal layer. It is skin pH neutral, hypoallergenic and non-cytotoxicity. Due to Clinisept+'s oxidizing method of action, pathogens cannot become immune to it: Clinisept+ is not subject to antimicrobial resistance. It is now used throughout the medical world not only in Podiatry but in Dentistry, Dermatology and General Practice.

(Clinisept+ has a slight smell of bleach which is normal)

You have been given enough dressings for 2 weeks. You can purchase further dressings from Centre4Feet or from your local chemist. Clinisept+ can be purchased from Centre4Feet or online.

Should you have any concerns please call us. Remember it is important to attend for all your follow up appointments.