



NAIL SURGERY-POST OPERATIVE ADVICE SHEET

• IMMEDIATE ADVICE

- 1-Do not drive until full sensation has returned to your foot
- 2-Return home and rest for 30-40 minutes with your foot in a horizontal or slightly elevated position
- 3-Your toe is likely to remain anaesthetised for up to two hours. Only mild discomfort is typically experienced once the toe regains normal sensation. Paracetamol may be taken if this is unpleasant. Be aware some other medicines contain paracetamol and it is important not to overdose.
- 4- Leave the dressing in place until it is due to be changed, typically 24-48 hours after the procedure. In some cases small amount of blood can appear on the dressing, this is termed “strike through” and should not cause concern.
- 5-If you are likely to receive a further local anaesthetic within 24 Hours ALWAYS inform the administrator about the anaesthetic you have received into your toe as the effect of local anaesthetic is cumulative

• DRESSING REQUIRES

- 1-Melolin (5cm)
- 2-Tubigauze
(Size 12 for a large toe,size 01 for a smaller toe)
- 3-Salt
- 4-Bowl dedicated to bathing the toe
- 5-Tape-mefix or micropore

• DRESSING PROCESS

- 1-The old dressing is removed (This can be aided by soaking if it does not come away easily)
- 2-Soak the toe in warm (tepid,not hot) water containing salt for about 5 minutes.
- 3-re-dress with a Melolin and Tubigauze dressing and secure the base of the gauze with tape.
- 4-repeat daily.

• HEALING-WHAT TO EXPECT

- 1-Initially the wound will appear dry.
- 2-After around 7 days you are likely to see more discharge from the wound site this is due to the effect of the chemical applied to the base of the nail to inhibit re-growth of the nail.This typically continues for 2-3 weeks.Saline bathing is particularly helpful during this period.
- 3-After about 3 weeks the discharge is likely to reduce and bathing can be phased out as discharge reduces.
- 4- The protective dressing should continue to be changed daily until the toe has fully healed

• COMMON MISTAKES

- 1- The dressing is applied TOO TIGHTLY
- 2-An unsuitable dressing is used (e.g. elastoplast does not cover the wound sufficiently and makes it too hot)
- 3-The dressing is left off too soon leaving the wound exposed to debris and infection.
- 4- The toe is soaked for TOO LONG, making the wound soggy
- 5-Tight or heavy footwear is worn traumatising the wound.

• FURTHER ADVICE

- 1-Use of a waterproof protection (e.g. a “Limbo”) can be helpful for showering during the healing period.
- 2-Whilst not common, the wound can become infected .The signs of infection are Pain, redness and local swelling. If you suspect infection a course of antibiotics from your Doctor is likely to be appropriate.
- 3- ALWAYS contact your Podiatrist or Doctor’s surgery with any concerns during the post-operative / healing period which varies in length but is typically between 3 and 8 week.