

## Patient Advice and Liaison Service

For information about CPFT services or to raise an issue, contact the Patient Advice and Liaison Service (PALS) on Free-phone 0800 376 0775, or e-mail [pals@cpft.nhs.uk](mailto:pals@cpft.nhs.uk)

## Out-of-hours service for CPFT mental health service users

Please call NHS 111 for health advice and support.

**If you require this information in another format such as braille, large print or another language, please let us know.**

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CPFT supports the **HeadtoToe Charity** – visit [www.HeadToToeCharity.org](http://www.HeadToToeCharity.org) for details on how you can help

HQ Elizabeth House, Fulbourn Hospital, Cambridge CB21 5EF  
T 01223 219400 F 01480 398501 [www.cpft.nhs.uk](http://www.cpft.nhs.uk)



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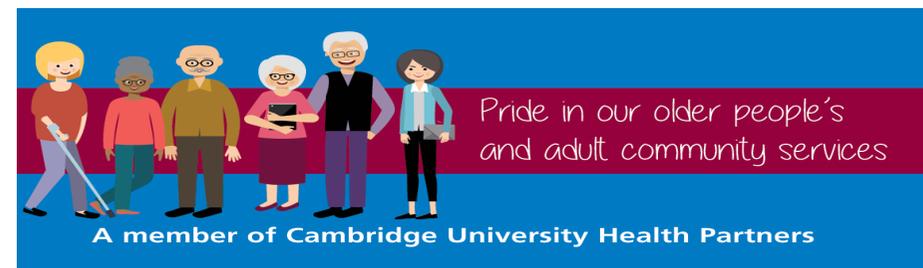
**Cambridgeshire and  
Peterborough**  
NHS Foundation Trust

## Nail Surgery

## Patient Information Leaflet

## Podiatry Department

Please bring this leaflet with you to your appointments



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### Keeping the dressing dry

It is important that you protect your dressing from getting wet. There are a number of devices available, including LimbO waterproof protectors. They cost between £13-£18.

Order by phone: 01243 573 417

Online: [www.limboproducts.co.uk](http://www.limboproducts.co.uk)

Purchase from Boots, Lloyds, Amazon.co.uk

### **For further information about this service contact:**

Tel: 03307 260077

Email: [cpm-tr.podiatry@nhs.net](mailto:cpm-tr.podiatry@nhs.net)

Cambridgeshire and Peterborough NHS Trust

Tel: 01223 726789

Email: [communications@cpft.nhs.uk](mailto:communications@cpft.nhs.uk)

Website: [www.cpft.nhs.uk](http://www.cpft.nhs.uk)

### Caring for your toe(s) after surgery

- After your first redressing appointment it will be necessary for you to redress your toe(s) every other day or as advised by your podiatrist.
- Keep the toe(s) dry until advised otherwise by your podiatrist.
- To avoid infection always wash your hands before changing the dressings.
- **DO NOT** touch the wound.
- Apply one dry sterile dressing to the wound and if necessary secure loosely with a **small** amount of tape.
- Over this, apply a **double** layer of tubular **bandage** (cut at 3 x length of toe).
- Secure the dressing with a length of tape (Micropore) but do not encircle the toe.
- Please note that the toe(s) may look raw and weep considerably for the first 2 – 3 weeks. This is a normal part of the healing process and no cause for concern.

If you experience any increased pain or discomfort or are concerned about any other aspect please contact your podiatrist.

After 12 weeks from the date of your surgery you will be automatically discharged.

**By adhering to the above instructions you should be able to minimise any post operative discomfort and enjoy a speedy recovery.**

This leaflet provides you with all the relevant information for you throughout the course of your treatment for ingrown or damaged toe nails.

### **Please bring it with you to all your appointments.**

Following on from your referral or an initial assessment with a podiatrist, it has been recommended that you would benefit from nail surgery.

If there are any reasons why this is not the most appropriate course of treatment and you would like to discuss more non-surgical treatment options, please contact the podiatry department before your nail surgery appointment date booked below. Your **nail surgery** appointment is on:

Date: \_\_\_\_\_ Time: \_\_\_\_\_  
At: \_\_\_\_\_

### **Please ensure you read this leaflet fully before you attend for nail surgery.**

Your **redressing** appointment following your nail surgery is on:

Date: \_\_\_\_\_ Time: \_\_\_\_\_  
At: \_\_\_\_\_

You must be available to attend both appointments. If you are unable to attend these appointments, please contact the podiatry department (page 8) as soon as possible.

## Introduction

An ingrown toenail develops when the sides of the toenail grow into the surrounding skin. The nail curls and can pierce the skin which becomes red, swollen and tender. Ingrowing toe nails can be painful if pressure is placed on the toe and there may be an overgrowth of skin around the affected area with bleeding and pus coming from the site. Antibiotics are often prescribed.

You may have a distorted thickened nail which is painful on direct pressure or when wearing shoes.

Surgery is often the only effective treatment for resolution in both ingrowing and distorted nails.

## What is nail surgery?

Nail surgery involves the removal of either all or a part of the nail. The minor operation is carried out using a local anaesthetic injection. This will numb your toe to ensure the procedure is pain free. During the procedure you will still be able to move your toe and be able to feel touch and pressure.

After removal of the nail, a chemical acid (phenol) is applied to the nail to prevent nail regrowth. There is a small chance (4%) that your nail may regrow. This could result in a requirement to repeat the procedure. Following the procedure, the wound can take between 6-8 weeks to completely heal.

The local anaesthetic injection you have been given is not expected to have unwanted side effects.

Please do **NOT** remove the dressing and keep the area **DRY** until your next visit.

When the effects of the anaesthetic has worn off, you may experience some discomfort.

Contact the Podiatry Department on 0330 726 0077, should you experience any of the following symptoms:

- Undue pain in the affected area
- Discolouration or tracking spreading from the site of surgery along your foot

In the event of an emergency after clinical hours, call your out of hours local GP service; Urgent Care Cambridge 111. Please take this leaflet to inform the healthcare professional of the treatment you have received.

You will be given a small supply of 'dry sterile' dressings. If you need more please speak to your local pharmacist as they can advise you on appropriate dressings.

Anaesthetic administered \_\_\_mls 3 % Mepivacaine plain (drug)

Procedure carried out:

Date procedure carried out:

Podiatrist:

### General post operative advice and information

You must rest for 24 hours and elevate your leg(s). After this period of rest you should be able to resume your normal activities as tolerated. However avoid sports, swimming or other activities that may cause further trauma.

Keep well hydrated and avoid alcohol following the surgery.

You may need time off from school or work as it is important to avoid pressure or injury in the toe. It would be advisable to inform your teacher /employer of the procedure that has been carried out.

In order to manage any post operative pain ensure that you have a supply of your usual pain relief medication, for instance paracetamol. **Do not take Aspirin** based pain relief.

If you have been prescribed Aspirin by your GP you should continue to take this as usual.

With some patients a small amount of bleeding through the dressing is normal. If this occurs, apply further dressings and gauze **over the existing dressing** and elevate the leg. Do not remove your dressing as this may disturb the clot and cause further bleeding. If the bleeding does not stop please contact the podiatry department (see page 11)

### Points to note prior to your nail surgery:

- If under 16 years of age you will need a parent or guardian to accompany you on the day of surgery to sign the necessary consent form.
- Please remove all traces of nail varnish
- Please take a bath or shower prior to attending your appointment.
- Do not drink alcohol.
- Eat as normal on the day of surgery.
- Continue with your usual medication unless otherwise advised by the podiatrist.
- On the day of surgery, bring a pair of sandals, slippers or shoes with you that will accommodate the required dressing.
- You must **not drive** straight after you have had the surgery as you may not be covered by your insurance company.
- We advise you to arrange suitable transport home. It is best to arrange a lift with a friend or relative. Avoid public transport if possible.

## Risks and side effects involved in nail surgery

### Risks

The nail surgery procedure is a safe and effective treatment for your ingrowing or thickened toenail. However the following risks and complications can occur but are rare:

- Infection
- Pain
- Increased area of chemical burn
- Nail regrowth

Please note smoking will delay post-operative healing.

### Side effects of anaesthetic injection

- Dizziness
- Low blood pressure
- Drowsiness
- Fits and convulsions
- Slow heartbeat

If you have experienced complications or allergic reactions following previous use of local anaesthetic, please inform the podiatrist.

## The procedure

The procedure will be performed in a community podiatry clinic by a podiatrist and assistant.

We allocate up to 1 hour for your appointment. However, the actual procedure takes approximately 15 minutes.

The podiatrist will inject a local anaesthetic into the base of both sides of the affected toe(s). The anaesthetic is quick acting and will last 3-4 hours duration. You may however experience some discomfort during the injection.

Once the toe is numb, a tourniquet (a tight band) will be applied to the toe to prevent bleeding during the procedure.

After the surgery, the tourniquet will be removed and your toe will be checked for return of your blood supply and a sterile dressing will be applied.

You will then be asked to take a seat in the waiting room with your foot elevated for a further 10-15 minutes to make sure there is no blood seeping through your dressing before you leave the clinic.