

## Additional Information

If you run out of dressing materials you can contact this department and we will advise you on further supplies. Your nearest pharmacy should hold supplies of the materials needed at reasonable prices. Toe bandage is often not available but thumb bandage is adequate. Standard surgical tape is available to fix the dressing in place, it is however a little thinner and may require more than one strip.

Following your redressing appointment you will be added to a post nail surgery waiting list by the clinician. You will remain on this list for 12 weeks, as in this time the wound should of healed. If we do not hear from you in these 12 weeks we will assume you have had no issues and the wound has now healed, and you will be discharged. However, if you do experience any problems, please contact the Podiatry department on 03307 260077

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)

### Patient Advice and Liaison Service

For information about CPFT services or to raise an issue, contact the Patient Advice and Liaison Service (PALS) on Freephone 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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Cambridgeshire and  
Peterborough  
NHS Foundation Trust

# Post Nail Surgery Redressing Advice



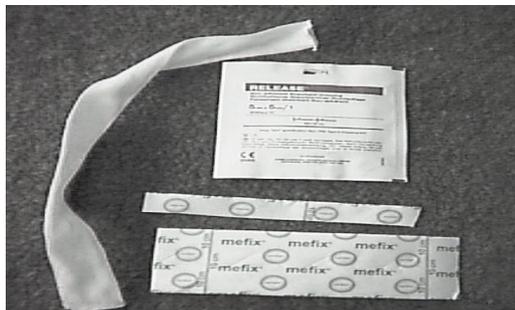
## Introduction

Your toe will normally heal from the tip of the toe forming a scab backwards until it reaches the base of the nail or toe. When this has happened, there is no discharge on the removed dressing and the wound appears dry, it can be left uncovered and be “got wet” as normal (normal baths and showers). Until this time it is recommended that the toe is KEPT DRY and the dressing is changed EVERY OTHER DAY in the method advised.

At this time this department does not advocate salt water bathing between dressings or the application of any topical medicaments unless indicated by this department or your doctor. If you are concerned about your wound: if it has become dirty and/or is causing increased pain and discomfort please contact the Podiatry department on 03307 260077

## Materials you will need to change your dressing

- Dry Dressing (eg. Melolin, Release)
- Tape (eg. Mefix)
- Tubular Elastic Bandage

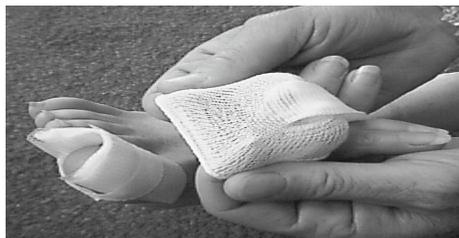


## Dressing Application

- Open the sterile dressing pouch. Try not to touch the side of the dressing going next to the wound. (leave the “shiny” non-stick covering on the dressing.)
- Cut off a thin piece of tape about 10cm in length and a third of the width of the strip ( keep the remainder for other dressings). Peel off the backing and place on the back of the dressing.
- Place the dressing on the toe with the wound and attach the tape around the toe. Sticking it; to itself if possible. This will help it to stick. Do not attach too tightly this could stop circulation. Try not to touch the other side of the dressing as that is the side going next to the wound.



- Stretch open one end of the elastic bandage and place it over the toe and dressing. Elastic bandage needs to be about 2 and ½ times the length of the toe.



## Dressing Application

- Stretch open the other end of the elastic bandage and twist it once, then pass it back over the toe and dressing. Trim the open end if a little long.



- Cut a piece of tape in the shape below (about 10-12cm in length)



- Peel off backing and place around the base of the toe in contact with the elastic bandage and stick down.

