



Suffolk Podiatry

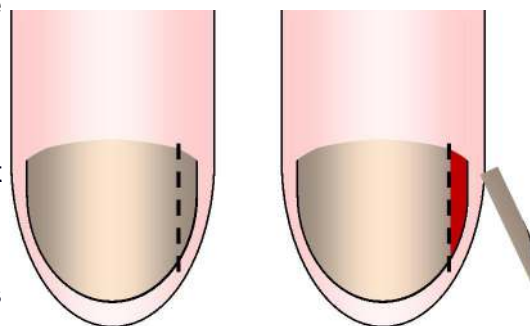
About Your Nail Surgery

The Procedure

You have been referred to the nail surgery team because you have a nail condition which may be best treated by removing all or part of the affected toenail. Removal of part of the toenail is known as "Partial Nail Avulsion" and removal of the entire toenail is known as "Total Nail Avulsion"

Both procedures are very minor and only take 30-60 minutes, after which you will be able to go home. Both Partial and Total nail avulsion procedures follow the same process:

- 1) Although only minor, this is a surgical procedure and before proceeding you must sign a consent form
- 2) The toe will be injected with local anaesthetic to make it numb
- 3) A band will be put round the toe to reduce bleeding
- 4) The whole nail or part of the nail will be removed as required (the illustration here shows a partial nail avulsion)
- 5) The bed from which the nail grows will be treated to help prevent the nail from growing back and causing further problems
- 6) A large dressing will be applied, and once the podiatrist has checked that you are well, you will be allowed to go home to rest



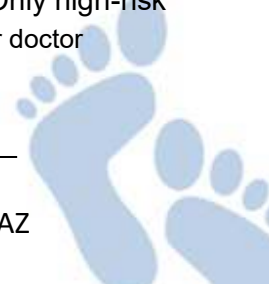
Possible Risks or Complications of Nail Surgery:

Nail surgery has a very good success rate. However there are some risks associated with the procedure :

- There is a small chance of nail re-growth (approximately 5%), but experience shows that if this occurs it normally causes no symptoms
- Damage/thickening to any remaining nail (where applicable)
- Post-operative infection of the area - (see the section on "post-operative self-care on how to prevent this")
- Sensations of "pins and needles" in the area treated
- Delayed healing time. If you experience any problems following surgery, you should contact the location where you had the procedure performed so that staff there can follow-up your care
- **On very rare occasions** people can have an allergic reaction to local anaesthetic. These reactions can range from mild to severe. Your podiatry team are trained to look after you in the unlikely event that this happens and will ensure that you get the care you need

Before Your Nail Surgery Appointment:

If your toe is inflamed or infected, you should soak your foot for 10 minutes every day in salty water until your nail surgery appointment (ensure some of the salt is not dissolved in the water). Only high-risk patients or patients with an infection spreading into the foot should seek antibiotics from their doctor



On the day of your nail surgery:

- Unlike general anaesthetics, having a local anaesthetic means you may eat and drink normally before your surgery. However please do not consume alcohol or recreational drugs on the day of your nail surgery appointment.
- Certain medications may need to be adjusted or monitored before your surgery appointment. In these cases the nail surgery team will discuss this with you before the day of your surgery
- Please let the Podiatrist know if you have any other operations pending or have a dental appointment booked within 24 hours of your nail surgery appointment
- A parent or legal guardian **must** accompany anyone under 16 years of age. If nail surgery takes place you are advised not to drive afterwards - therefore **all patients should be accompanied by an escort**
- Due to the local anaesthetic you should refrain from driving or operating machinery for 24 hours
- You are advised to bring a large open-toed shoe/sandal to accommodate the dressing(s) if you have nail surgery. Ensure nail varnish is removed prior to your appointment. The feet should be washed and clean when you attend

After Your Surgery

- Following nail surgery, we advise you to arrange to take the next two days off school or work and to rest with the foot elevated. This will reduce swelling and help the toe(s) to heal
- We do not advise surgery taking place if you are going on holiday within the next month as there may be limited support for patients if there are any post-surgery complications
- Healing rates vary between individuals, but it is likely to be several weeks before a return can be made to sports or swimming activities. Returning to sporting activities before the toe(s) have time to heal may result in delayed healing, or complications such as infection
- **Follow-up appointments are not generally required but if you have any concerns please e-mail a photograph to sgpfed.myfeet@nhs.net along with your contact details or phone 01473 921828**

In the meantime you will be expected to dress the toe(s) yourself as described below:

Post Operative Self Care - Redressing and Salt Water Bathing

- 1) Bathe the foot daily in warm, concentrated salt water (enough salt so that some is not dissolved in the water). This will help reduce infection or prevent the wound from getting infected
- 2) Allow the foot to dry naturally in the air (by sitting with your foot up on a stool for instance). The toe should then be covered with a sterile gauze dressing to keep it clean, (a limited supply will be provided at your nail surgery appointment. Patients are encouraged to purchase additional dressings from their local pharmacy). Do not put the dressing on too tightly
- 3) Continue to salt water bathe, air-dry, and re-dress the toe daily

It is common for toes to look unpleasant for a few weeks following surgery and you may find that the toe weeps for several weeks. This is perfectly normal for this type of procedure. However, a rapid increase in pain is not normal and may be an indication of infection. If this is the case please contact the podiatry team or your GP.

You may receive a follow-up questionnaire around 6 months after you have had your nail surgery.

Suffolk Podiatry
Podiatry Hub, Riverside Clinic 2-4 Landseer Rd, Ipswich, Suffolk , IP3 0AZ
www.suffolkfed.org.uk

