



Suffolk Podiatry

Aftercare following Nail Surgery

Information to help the toe heal and reduce the risk of infection

Footwear

We recommend that you wear a pair of open toed sandals or flip-flops for the first few days following surgery. You can then wear wide, roomy footwear until the toe is healed. Tight footwear will delay the healing process.

Rest

You should **not drive** for 24hrs after surgery and we recommend that you sit with your feet up for 2 days. This will help to reduce swelling and pain.

Bleeding

You may notice a small blood stain on your dressing following surgery. **Please do not remove or disturb your surgical dressing for 48 hours after your surgery.** Keeping your leg elevated will help to reduce bleeding. In the unlikely event that excessive bleeding occurs, you should seek medical attention.

Pain

The local anaesthetic will wear off after about 2 hours. If the toe is uncomfortable, you can take over the counter painkillers.

Showers/Baths

Keep the toe completely dry for the first 48 hours after surgery. After 48 hours you should carefully remove the dressing and you may have a shower. It is important that you soak the foot in salt water for 5 mins immediately afterwards. Taking a bath is not recommended unless the toe can be kept out of the water.

Salt water bathing

You can prepare a saltwater foot bath by adding a large tablespoon of salt to a clean bowl half full of warm water. Place the toe into the salt water and bathe for no more than 5 minutes. Allow the toe to dry naturally and then apply a clean dressing.

Dressing the toe

You will be given enough dressings for the first few days following surgery. You will need to buy a box of dressings, as you will need to salt water bathe and dress the toe for several weeks, until it is completely dry and scabbed over. Please do not use waterproof plasters.



How long will healing take?

It can take several weeks for the toe to heal completely. It is really important that you do not take part in any sports, swimming or dancing until the toe has healed.

What to expect while the toe is healing?

After 7 to 10 days, you may notice an increase in discharge from the toe. This is normal and is due to the chemical that was applied to try to prevent the troublesome nail from regrowing. Continue to bathe and dress the toe daily.

When to seek help

If at any stage the toe becomes more painful, red, hot, swollen or has an offensive smell, this may indicate that you have an infection. If this happens you will need to contact your GP surgery who may prescribe a course of antibiotics.

If you are unsure at any point about the appearance or progress of your toe healing, the easiest way for us to help you is to send photos with your name and date of birth to sgpfed.myfeet@nhs.net where a member of clinical team will review them and contact you with advice. Alternatively, you can contact the service by telephone on 01473 921810.

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

An NHS service provided by Suffolk GP Federation working with ESNEFT (East Suffolk & North Essex NHS Foundation Trust) in the East, West Suffolk NHS Foundation Trust in the West, Suffolk County Council and Norfolk & Suffolk NHS Foundation Trust

