A parent must accompany children under 16, as consent will be required.

Please remove all nail varnish from toes before attending the clinic.

On the day of surgery wear a loose fitting shoe, slipper or sandal. Tight footwear is best avoided during the healing process.

The initial dressing should be kept on and dry until your first appointment, when this will be changed. The podiatrist will show you how to redress your toe at this appointment. The wound must be kept covered until it is fully healed. This will be when the scab has fallen off and a smooth layer of hard skin forms over the nail bed.

It is advisable not to drive until the effects of the anaesthetic have completely worn off, as your insurance may be invalid.

You will normally be able to return to work / school the next day. Some people find 24 hours rest beneficial.

For further information contact:

- Your local podiatry clinic
- The Society of Chiropodists and Podiatrists
- www.feetforlife.org

Compliments, comments, concerns or complaints?

If you have any compliments, comments, concerns or complaints and would like to speak to somebody about them please telephone:

01773 525119

Are we accessible to you?

This publication is available on request in other formats (for example, large print, easy read, Braille or audio version) and languages. For free translation and / or other format please telephone:

01246 515224 or email us at:

DCHST.communications@nhs.net

An appointment has been made for you to attend:

Pre-op clinic on ..........................................
Pre-op results ..........................................
Nail surgery on ..........................................
Post-op dressing on .................................
Two week review on ...............................
at your Local clinic:

..........................................................
What happens at the pre-op clinic?

The procedure is explained and any questions answered.

Foot and general health checks are carried out. If your toe looks infected a swab will be taken to find out if you need any antibiotics (also you will be screened for MRSA - a type of wound infection).

Pre-op results clinic - appointment to manage any infection in the toe and arrange antibiotic tablets either from podiatrist or GP.

Antibiotics ..............................................

Start taking on ......................... (day)

..... / ..... / ..... (date)

Important Note: if you are on any type of medication please bring your most recent prescription with you to the pre-op clinic.

Complications and Risks

Nail surgery is known to be very safe and effective, however no operation can guarantee success all the time. In rare cases the following may occur:

Nail Regrowth – every step is taken to prevent the regrowth of the nail, however there is a small percentage (3%), where regrowth occurs.

Delayed Healing – healing can be slow and can depend on your age, health, how quickly your skin takes to heal and how you look after your toe.

Infection of the Wound – this may present itself as a red, hot, inflamed, painful toe. A swab may be taken to ensure infection is present and that it is treated with the correct antibiotics.

Bleeding – bleeding may occur after nail surgery. It is important to keep the foot elevated and rest for the remainder of the day.

Allergic Reaction – anaphylaxis is a severe allergic reaction. It is a risk, although it is rare and highly unlikely.

What does nail surgery involve?

Nail surgery is a minor procedure to remove the whole or part of a nail.

The surgery will be performed under local anaesthetic (so you can eat normally up until the time of your operation). The nail or part of the nail is simply lifted away from the nail bed. A chemical is applied to the area to destroy the part producing nail cells.

A dressing is used to cover the toe. This must be kept clean, dry and not removed until your dressing appointment. After this appointment you will be expected to redress your toes yourself. Sterile dressings and adhesive tape are available from your local Chemist.

General information for day of surgery

The total appointment time is 45 minutes. This includes time for the paperwork to be completed, for the anaesthetic to work and for you to relax. The procedure itself takes about 5 - 10 minutes.