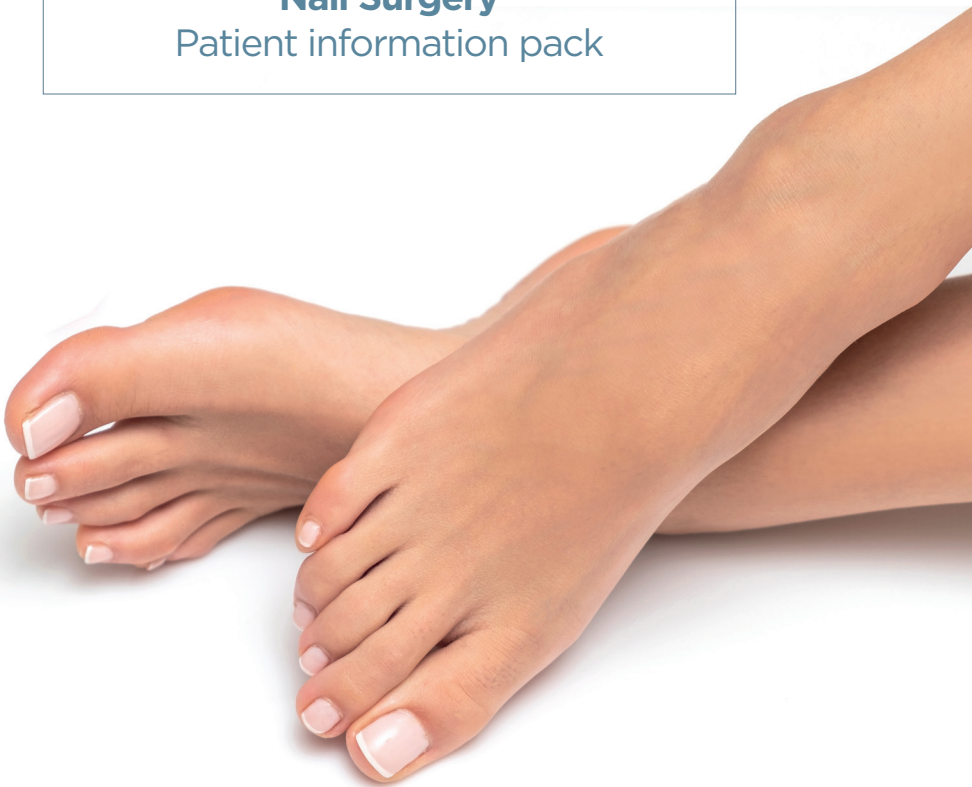


Maidenhead **PODIATRY**

MAIDENHEAD • WOOBURN GREEN

Nail Surgery
Patient information pack



01628 773588

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NAIL SURGERY

PATIENT INFORMATION PACK

All our podiatrists are experienced in performing routine nail surgery.

The nail surgery operation is carried out under a local anaesthetic. The foot is cleaned with an antimicrobial and local anaesthetic is given by two injections to each side of the base of the affected toe. The anaesthetic lasts a few hours and will totally block all pain sensation during the operation. Movement and pressure will still be felt, but not pain. The offending nail or nail section is then removed.

The Procedure

Nail surgery, or nail avulsion, is a minor surgical procedure to remove part or the whole of a nail plate. Once numb, a tourniquet is applied to reduce bleeding. No cutting or stitching is involved. The appropriate section of the nail is simply lifted and removed from that part of the nail bed. The nail matrix, which is the area that produces the nail plate, is then treated with the chemical Phenol to prevent re- growth of the nail. The tourniquet is then removed.

A sterile dressing is applied before you leave the clinic. The whole procedure takes about an hour, although the anaesthetic may be effective for several hours. On rare occasions, for medical reasons, we may decide not to operate when you come for your appointment.

Risks

Although this method of nail surgery is known to be very safe and effective. The following outcomes can be associated with nail surgery:

- **Nail Regrowth** - This occurs in approximately 5% of patients, but rarely results in full regrowth. If this does occur, it may not cause any further problem. If it does, the procedure can be repeated.
- **Delayed Healing** - Healing can be slow and can last from 1 to 5 months. However, average healing times are between three and six weeks, depending on age, health, how rapidly your skin heals, and how you look after the toe after surgery.
- **Phenol Burns** - Phenol used to stop the nail growing back can spread onto the skin next to the nail. If this occurs, it is rarely painful but speak to your Podiatrist if you are concerned
- **Infection** - Any minor surgery is an infection risk. Aftercare advice to prevent such an infection is given, post-surgery. Infection can present as a painful, swollen, red, inflamed, throbbing, and/or hot toe. If this does occur, speak to your Podiatrist immediately.
- **Bleeding** - There is little or no bleeding during the procedure, however, bleeding may occur afterwards. It is important to relax for the rest of the day with your foot elevated. Additional advice will be given following surgery. Do not remove the dressing.

Important information for the day of the surgery

- It is advisable to bring with you open toed shoes or sandals to allow room for the dressing, which can be quite bulky.
 - You are allowed to eat before the surgery
 - Arrange for someone to drive you home as you will not be covered by your car insurance to drive for 12 hours after surgery or until the anaesthetic wears off.
 - Please inform the Podiatrist on the day of surgery of any changes in medication or changes in your health. Please bring the names of any new medicines with you.
 - You will be expected to dress your toe(s) yourself after the first redressing appointment. Sterile dressings and adhesive tape will be issued to you from the clinic.
 - It is unlikely but if you require time off work, college, or school (if you require a certificate, please see your GP), the clinic will provide a letter of evidence.
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Nail Surgery Aftercare Information

Immediately following your nail surgery you will be given the following information before leaving the clinic:

- The name of the local anaesthetic that has been used and how much has been administered
- Information about the clinic (where the surgery has taken place) together with contact information
- A telephone number for out-of-hours contact (for use in case of emergency)
- A confirmed follow-up appointment.

Initial Aftercare - the first 48 hours

The following guidelines are recommended to help you have a quick and pain-free recovery after your operation:

- Wear loose-fitting footwear to accommodate the bulky dressing e.g. open toed sandals or large slippers
- Check that your bedding is loose enough to prevent pressure on your toes
- Keep the toe and dressings dry until the first dressing appointment
- You should rest for the rest of the day as much as possible
- It is advisable when you get home to rest with your feet elevated for the rest of the day - this helps the blood to clot and promotes healing
- Painkillers may be necessary initially as the anaesthetic wears off - avoid Aspirin/ibuprofen based products as they may increase the risk of post-op bleeding
- Avoid any activities that may injure the toes such as swimming or sport until advised by the Podiatrist
- Avoid driving for 12 hours or at least until the anaesthetic has worn off as it may invalidate your car insurance
- Alcohol should be avoided for 24 hours.

You will be expected to dress your toe(s) yourself after the first week. You will be shown how to do this by the Podiatrist on your first follow-up appointment when you will also be provided with dressings.

You will be reviewed periodically to ensure healing is taking place.

Healing times can vary from 3-6 weeks, depending on the individual. A scab will form over the wound and the amount of discharge will reduce. Eventually the scab will come away and a very thin, smooth layer of toughened skin will form over the nail bed, which serves a protective function.

If you have any concerns between appointments, you should contact the clinic for specific advice from one of our Podiatrists.

Ongoing Aftercare and Dressing – 48 hours onwards

About 20 minutes of uninterrupted time

- Clean bowl (big enough to fit for your foot)
- Clean soft towel
- Two tablespoons of salt
- Sterile dressing (supplied by clinic)
- Adhesive tape (supplied by clinic)
- Dry anti-septic spray – can be purchased at the clinic.

What to do

- Wash your hands thoroughly with soap and water before attending to your toe/s
- Half-fill the bowl with clean warm water, make sure it is not too hot –
 - Add two tablespoon of salt and stir until dissolved
 - Take off your footwear and sock/s
 - Immerse the foot and dressing in the water for 10 minutes
 - Take the foot out of the water, remove any remaining dressing and dry it, avoiding the affected toe, allow the toe to dry naturally while you sit for 2-3 minutes,
 - Use Alfasilver Spray or similar before redressing the toe and then cover it with the sterile dressing as shown by your Podiatrist and fix with the tape provided.

Your healing process will be regularly monitored until you are discharged from our care. During that time if you have any queries or concerns, call us to speak to one of our Podiatrists for specific advice:

01628 773588

info@maidenheadpodiatry.co.uk

If you would like information on a variety of subjects, the following leaflets are available in reception:

- **Diabetes Foot Healthcare**
- **Understanding Diabetes Test & Assessment Results Booklet**
- **Verrucas Treatment Aftercare**
- **Athlete's Foot & Fungal Nails**
- **Insoles & Othrotics**
- **Plantar Faciitis**
- **Rheumatoid Arthritis**
- **Steroid Injection therapy**
- **Radial Shockwave Therapy (SWT)**



Maidenhead **PODIATRY**
& **CHIROPRACTIC** Clinic

Director: PT Christer MChS

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10 steps to healthy feet

1. At least once a year your feet should be examined by an appropriately trained person, a doctor, nurse or podiatrist. Don't be self-conscious about your feet – have them checked regularly.
2. After the foot check, you will be told about your risk is of developing foot problems.
3. If there is an increased risk of developing foot problems, you will be referred to a specialist team for expert and appropriate input.
4. At home you should check your feet every day looking for signs of redness, pain, build-up of hard skin or changes in the shape of the foot.
5. If you have lost any sensation in your feet you need to be vigilant: you may not feel or be aware if you hurt or injure your foot.
6. Ask someone at home to monitor the feeling or sensation in your feet by lightly touching your toes.
7. Be careful when cutting toe nails and don't cut down the sides as this encourages and can lead to in-growing toenails.
8. Do not use corn-removing plasters, blades or anything else with sharp edges on hard or thickening skin as these can damage healthy tissue.
9. Have your feet regularly measured and always wear well-fitting shoes that protect and support your feet.
10. Keep your blood glucose levels well controlled.

Chiropractic Treatments

Registration and Insurance

The chiropractic profession is regulated by law and all chiropractors at our clinic are registered with the General Chiropractic Council (GCC) and members of the British Chiropractic Association (BCA).



General Podiatry

Verruca Treatments

Nail Surgery

Bio Mechanical Assessment

Specialist Insoles

Diabetic Assessment

Home Visits

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