

BEFORE NAIL SURGERY INFORMATION

Nail surgery is a surgical procedure used to treat problem nails. An anaesthetic is given to numb the toe and a tourniquet (a rubber band to temporarily prevent blood flow) may be placed over the toe being treated. Part or the whole affected nail may be removed. Following removal, a chemical (phenol) is applied to the nail bed to prevent the nail from growing again.

NAIL CONDITIONS THAT MAY BE TREATED BY NAIL SURGERY

- Ingrown nail where the nail penetrates the skin.
- Thickened nails caused by injury or fungal infection.
- Corns occurring under the nail.

WILL IT HURT?

You may feel some discomfort during the injection of local anaesthetic, but this is to keep you comfortable for the duration of the procedure. When the anaesthetic wears off you may experience a throbbing pain, if this occurs take what you would take for a headache (but avoid aspirin).

INFORMATION PRIOR TO SURGERY

- If you are waiting for another operation, tell the Podiatrist, nail surgery can be postponed until afterwards.
- If pregnant/may be pregnant or breast-feeding inform the Podiatrist: a full nail surgery procedure is generally not advisable, but alternative arrangements can be made.
- Don't book a dental or any other appointment, which might necessitate local anaesthetic within 24 hours of surgery.
- **NB: Please cancel your surgery well before if your toe becomes infected.**

HOW LONG WILL IT TAKE TO HEAL?

This will depend on your general health and how well you look after your toe. On average, 6-10 weeks. Pressure from footwear, infection and trauma to the area will delay healing. Contact the clinic if your toe is still discharging 12 weeks after surgery.

THE DAY OF SURGERY

- Don't take additional medication unless instructed to do so.
- If you use an inhalers or spray, bring them with you to the appointment; nail surgery will not go ahead without these.
- **Avoid alcohol** as it can cause bleeding.
- Please remove any polish from nails beforehand.
- **Please bring: a loose slipper, open toed sandal, or similar footwear to wear for the return journey home. The dressing will be bulky!**
- **Make transport arrangement for your return home.**
- **You are strongly advised not to drive until the effects of the local anaesthetic have worn off.**
- Try to be off your feet as much as possible for at least **24 hours** after the operation.
- At work - light duties should be arranged prior to surgery.
- Wear open toed sandals. The first dressing will be bulky. Tight shoes will aggravate the nail and delay healing.
- If you are under 16 years' you must be accompanied by a responsible adult.
- The operation will take approximately 15 minutes, but you should expect the appointment to last for at least one hour.
- You must book 2 appointments (Included in the price), for postoperative care.
- An advice sheet will be given to you after the procedure explaining what to expect.

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