

## Nail Surgery Information

Bounce Podiatry, 2b Ashness Road (Entrance on Webbs Road), London, SW11 6RY

[07983 495 831](tel:07983495831)

[www.bouncepodiatry.co.uk](http://www.bouncepodiatry.co.uk)

[info@bouncepodiatry.co.uk](mailto:info@bouncepodiatry.co.uk)

### On the day of procedure:

- Attend in your normal footwear and bring a pair of flip flops to accommodate any dressings.
- Eat normally throughout the day and drink plenty of water.
- Please inform the Podiatrist if your medication or medical history needs updating i.e. you take blood thinners, are diabetic.
- Please plan to get home preferably by taxi. Car insurance is invalid due to the use of local anaesthetic.
- You should not require any time off work but are advised to elevate the foot for a few hours after the procedure.

### The Procedure:

- Nail surgery is a minor surgical procedure to remove a section of the nail or the whole nail and is performed under local anaesthesia injection (Mepivacaine 3%) as a nerve block, digital block.
- A tourniquet is applied to the toe to prevent bleeding and the portion or all of nail is removed which does not require any sharp incisions or stitches.
- Once removed, if your preference is for a permanent resolution, with prior consent, a chemical called phenol is applied to the nail bed to destroy the section of toenail which is treated.
- A large dressing will be applied post operatively which needs to be kept clean and dry for 48 hours. After which it will be replaced with a sterile dressing.
- Following this appointment, you will need to change the dressing each day following soaking the foot in salt and water for 5 minutes and spraying it with Clinisept.
- Dressing the toe at home should continue until the dressing comes away clear of any discharge, usually between 2-4 weeks, but up to 8 weeks (this depends on the procedure and medical history; Diabetes can delay healing or increase risk of infection).

### After the procedure:

- The toe will be numb for approximately 1-2 hours after surgery.
- Elevate the foot for the rest of the day.
- You may take painkillers if required, but preferably not aspirin as this thins the blood.
- Keep the post op dressing clean and dry for 48 hours until your follow up appointment where the surgery site will be checked, and a new sterile dressing applied.
- The toe will need to be redressed by yourself (You will be provided with dressings for 7 days only) with a sterile dressing each day following soaking the foot in salt and water for 5 minutes and applying Clinisept daily at home and should continue until the dressing comes away clear of any discharge, usually between 2-4 weeks, but up to 8 weeks.
- The Podiatrist will review your toe again in 4 weeks.
- Report any signs of infection to your Podiatrist or GP immediately (Redness/Heat/Swelling)
- Avoid exercise and swimming until the dressing comes away clear of discharge.

### Side Effects:

Although side effects are uncommon, infection is the largest risk. Infection will normally show as an increase in pain, redness, or heat. If you suspect you may have an infection, then contact the clinic on 07983 495 831 or your GP immediately. Other known uncommon side effects include severe reaction to local anaesthetic, severe infection of

the bone or surrounding tissue, excess bleeding, nerve damage, bruising, nail deformity, phenol blistering, regrowth of the nail (4%) and delayed healing.

Shaunie Baumann - HCPC Registered Podiatrist CH20459