

## What is a Minor Nail Procedure?

A procedure that is carried out on toenails which cause a person discomfort by either being ingrown, curved (involuted) at the edges or thickened due to trauma or infection. Part, or all, of the toenail may be removed under a local anaesthetic.

### Who performs the Minor Nail Procedure?

The procedure will be carried out by a fully trained Podiatrist. Other Podiatrists or Podiatry Students may be present on occasions. You should tell the Podiatrist if you object to their presence.

### What happens during the Procedure?

A local anaesthetic will be administered into the base of both sides of your toe/toes. If you are concerned about having an injection, you can use EMLA numbing cream at the base of your toe which is available via your GP. Once the local anaesthetic has taken effect a tourniquet will be applied to the base of your toe, then either a section of nail or the whole nail will be removed. A chemical will be applied to the nail bed to prevent the nail from re-growing. It is your choice if the chemical is applied or not, if not then the nail will re-grow but is likely to be problematic in the future. The Tourniquet is removed and your toe is dressed.

### What happens after the Procedure?

A large bulky dressing will be applied to your toe. Verbal and written after care instruction will be given to you and a dressing pack will be provided. Your toe will remain numb for up to 4 hours. You should rest with your foot up for 24 hours post procedure to reduce bleeding. The following day you will need to remove your dressing and replace it with a new dressing from the pack provided. Once your new dressing is in place you can return to normal daily activity's such as school or work – be careful with footwear and not to knock your toe. You will need to re-dress your toe every day until it is healed. This will be roughly 6-8 weeks but may take longer in some cases. We can offer further appointments to monitor the healing if required. You should refrain from contact sports and water sports/swimming whilst your toe is healing.

### Useful Tips?

- You will need to bring sandals or slippers to wear after the procedure to accommodate the dressing.
- You will be UNABLE to drive home from the procedure due to your toe being numb. You must not walk or cycle home as this will increase bleeding, please arrange a lift home.
- Most people feel very little pain after the procedure and during recovery.
- When removing the bulky dressing the day after the procedure it is recommended to get the dressing wet as this will make it easier to remove.
- We advise you not to drink alcohol for 24 hours before and after the procedure as alcohol in the blood stream can cause increased bleeding.

### Any questions?

If you have any further questions, please phone 02920 335135 to speak to a member of our administration team where a message will be passed onto the appropriate clinician.

## Precautions and Risks

### Common Risks:

- If part of your nail is being removed there is risk that the remaining nail could become damaged or even fall off.
- Post procedure infection. Your toe will be inflamed for approx. 2 weeks post nail removal, this is normal, but we advise you watch out for clinical signs of infection: sever pain, redness that is spreading towards your foot, green thick fluid leaking, foul smell.
- Re-growth of the nail. The chemical we use is over 90% effective but there is still a small chance that the nail will re-grow.
- Pain. Most people experience very little pain after the procedure but do take some pain relief if needed. Do NOT take Aspirin for pain relief.
- Bleeding. It is normal for your toe to bleed a bit. It is beneficial for you to try and prevent bleeding as much as possible as the blood can dilute the chemical and make it less effective or push the chemical to places we did not intend for it to be. Keeping your foot raised for 24 hours post procedure is recommended to reduce bleeding.
- Skin irritation or burn. If there is excessive bleeding post procedure the chemical can be pushed into places we did not intend and can irritate or burn the skin surrounding the nail.
- Sensitivity to Local anaesthetic (LA). LA is a drug and can induce an allergic reaction. Some people can experience extended effects of LA such as numbness and tingling in the toe for longer than the intended time period. Some people experience pain when the LA is being administered, this can be reduced by the use of ELMA cream, each injection will last approx. 15 seconds.
- Delayed healing. In most cases it takes 6-8 week for your toe to be fully healed. In some cases, it can take longer, especially if you have not followed the after-care instructions correctly, if you have knocked your toe or if you are at higher medical risk.

### Common Precautions:

- **Diabetes**, if you are diabetic, you must have a vascular assessment before the nail procedure. Be aware you will be at higher risk of post procedure infection and delayed healing. You Must have had a HBA1c reading in the last 4 months that is lower than 76.
- If you have any **Vascular or circulation concerns**, we may not be able to use the chemical to stop your nail from re-growing. You will have to have a vascular assessment before being considered for any invasive nail procedure.
- **Epilepsy**; must be well controlled and no seizures in the 6 months before the nail procedure.
- If **Asthmatic**, you must bring your asthma pump to the nail procedure appointment, or we will not be able to administer LA there for unable to go ahead with the procedure.
- If you have **angina**, you must bring your GTN spray to the appointment or we will be unable to perform the nail procedure.
- **Anticoagulants**: Warfarin – must have an INR with in 72 hours of the nail procedure, if the clinician is unhappy with the result the nail procedure may be postponed.  
Aspirin/Clopidogrel can continue to be taken as long as it is under 150mg.  
Apixaban/Rivaroxaban – you must stop taking 18 hours before and can start taking 6 hours after the nail procedure.
- **Pregnancy or breast feeding**, we will be unable to use the chemical so the nail will re-grow.
- Any other conditions will be discussed with the referring clinician and your suitability will be assessed, any concerns we will contact your GP for further advise and treat conservatively until a treatment plan has been decided.