

Minor Nail Procedure, Post-Operative Advice sheet 2

It is important to keep your toe clean to prevent infection and to follow the instructions given at your redressing appointment.

- To remove the first bulky dressing, you should get the dressing wet either via showering or soaking the toe in clean water. Once the dressing is saturated it can be easily removed.
- Dry the toe gently
- Apply a clean dressing from the pack we provided. Ensure the dressing is applied loosely. Do not bind the toe with excess strapping.
- The toe must be re-dressed every day until healed.
- Leave the dressing on when showering and avoid perfumed products. Put a new dry dressing on after showering.
- Contact sports and water sports are not advised whilst your toe is healing.
- Your toe will become inflamed approximately 1 week after the procedure and will discharge. This is a normal reaction to the chemical that has been applied to prevent the nail from re-growing.
 - The inflammation and discharge will continue for 6-8 weeks, sometimes longer.
- Always wear correct fitting shoes with plenty of room around the toes. Pressure from footwear that is too tight will delay healing and cause pain.
- If you require any advice whilst your toe is healing, you can phone 02920 335135/ 335134 to speak to a member of our reception team where a message will be passed onto the appropriate clinician