

Minor Nail Procedure- Post Operative Advice sheet 1

- You have now had all / part of your toenail removed.
- Your toe will remain numb for up to 4 hours. Please rest with your foot raised for the rest of the day. If you suffer any pain post operatively you can take proprietary pain-relieving preparation such as Paracetamol, carefully following the manufacturer's instructions. (Aspirin should NOT be taken for pain relief as this can cause bleeding).
- If you take Aspirin as part of your regular medication, DO NOT stop taking it
- You are advised not to drive whilst your toe is numb following surgery.
- You are also advised not to consume any alcohol for 24 hours before or after surgery as this can cause bleeding.
- You will be asked to change your own dressing on your toe daily.
- Your toe will take approximately 6-8 weeks to heal (occasionally longer) due to the chemical used and dependent on the procedure that has been undertaken.
- Please avoid wearing tight shoes during this time as this may delay healing and cause pain.
- If you have any concerns or worries about your toe 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.
- Be aware of the procedure complications:
 - nail re-growth.
 - Delayed healing
 - Post op infection or skin irritation from the chemical used. It is normal for the area around the toe to become red and inflamed and for the wound to 'leak'. If the toe becomes very swollen, ruby red spreading more than 2cm from the nail bed and foul smelling then you may have an infection and will need to contact podiatry for a review.

If you feel unwell or feel short of breath within 8 hours of your operation please seek immediate help from your nearest Accident & Emergency Department or G.P. You should inform them that you have had a Local Anaestheticml of Scandanest 3% plain.