

## Minor Nail Procedure, Post-Operative Advice

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

- Your toe will remain numb for up to 4 hours. Please rest with your foot raised for 24 hours post procedure. 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 consume any alcohol for 24 hours before or after the procedure as this can cause bleeding.
- You must change the dressing on your toe daily.
- To remove the dressing, you should get the dressing wet either via showering as normal or soaking the toe in clean salt water for **no longer** than 5 min. Once the dressing is saturated it can be easily removed. To avoid soap or shampoo getting in the wound keep your dressing on whilst in the shower and remove after.
- Allow toe to air dry naturally. Do not towel dry, do not clear with cotton bud or pad.
- Apply a clean dressing from the pack we provided. Ensure the dressing is applied loosely. Do not bind the toe with excess strapping/tape.
- The toe must be re-dressed every day until healed. If you run out of dressings you can purchase more from your local pharmacy or health care shop.
- Contact sports and water sports are not advised whilst your toe is healing.
- Your toe will be inflamed for approximately 2 weeks after the procedure, the toe will be red, slightly inflamed and will discharge. This is a normal reaction to the chemical that has been applied to prevent the nail from re-growing. The wound is caused by a chemical burn so will heal differently to a 'normal' cut, expect the wound to look 'angry' and 'leak' for approximately 2 weeks.
- After 2 weeks a thick dry scab should form over the wound. Do not pick the scab. This scab will start to decrease in size as the weeks go on and by 6-8 weeks the scab will come away and present with normal healthy skin.
- The toe will need to be re-dressed every day 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. Try to avoid wearing steel toe cap boots, high heeled shoes or tight-fitting shoes.
- If you require any advice whilst your toe is healing, you can phone **02920 335135** to speak to a member of our reception team where a message will be passed onto the appropriate clinician. For more information, please visit our page on the 'Keeping me well' website - [Minor Nail Procedure - Keeping Me Well](#)
- Be aware of the more common procedure complications:
  - 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.
  - 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. Keep 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.
  - 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 aftercare instructions correctly, if you have knocked your toe or if you are at higher medical risk.

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 Anaesthetic .....ml of Scandanest 3% plain