

Podiatry Department  
Sunderland Royal Hospital  
Kayll Road  
Sunderland  
SR4 7TP

Tel: 0191 569 9693

### Useful websites

[www.nhs.uk](http://www.nhs.uk)

[www.sunderland.nhs.uk/chs](http://www.sunderland.nhs.uk/chs)

This information was correct at the time of printing. While the Trust makes every reasonable effort to keep its information leaflets up to date, very recent changes may not yet be reflected in the guidance and you should discuss this with the clinical staff at the time of your appointment.

Date of publication: April 2009

Date of review: April 2012

Date of CGSG:

Reference: (Allocated by CG Department)

© City Hospitals Sunderland

## Nail Surgery

### PATIENT INFORMATION LEAFLET

Podiatry Department

SUNDERLAND ROYAL HOSPITAL

**Contents**

1. Introduction
2. What is Nail Surgery?
3. Before your Nail Surgery
4. During your Nail Surgery
5. Risks and Benefits
6. Consent
7. Dressing Instructions
8. After your Nail Surgery
9. Procedure details
10. Notes

## 9. Procedure Details

The procedure carried out was:

Partial/Total avulsion/ Left toe	1	2	3	4	5
Partial/Total avulsion/ Right toe	1	2	3	4	5

\_\_\_\_\_ mls of 3% Plain Mepivacaine local anaesthetic has been used.

A chemical called phenol (caustic) has been applied to the nail bed.

## 1. Introduction

You have now been assessed and referred for nail surgery. You will receive a letter with your nail surgery appointment for Sunderland Royal Hospital and two redressing appointments at your local Podiatry clinic.

This booklet is divided into three sections and provides all the information you need **before**, **during** and **after** your surgery.

**It is important that you read this booklet carefully and keep it in a safe place and bring it with you to each appointment.**

## 2. What is Nail Surgery?

Nail surgery is total or partial removal of a toenail using local Anaesthetic. A chemical called Phenol will be applied to the nail bed to stop the nail from growing back.

## 3. Before your Nail Surgery

You will have had a full assessment by your Podiatrist and your GP will have been informed of the surgery.

- Please do not have a sleepless night before your nail surgery. It is a relatively minor procedure.
- You will not be insured to drive following the procedure. Please arrange for a taxi or a friend to provide a lift home.
- Eat your normal breakfast and/or lunch before the procedure.
- Bring any tablets or medicaments that you would normally use throughout the day e.g. inhalers, heart tablets/sprays.
- Bring some footwear roomy enough to accommodate a large dressing e.g. slippers or open toe shoes.
- Please remove any nail varnish.

#### 4. Consent

- The consent form will record your written consent to go ahead with nail surgery.
- You will be given a copy of the consent form. Please read this carefully as you will be asked to sign our copy on the day of your nail surgery.

#### 5 During the Procedure

- The Podiatrist will inject the area around your toe with a local anaesthetic to make it numb. The actual injection may cause some discomfort.
- You may still feel pressure but not pain.
- Once the toe is numb an elastic cuff (tourniquet) is placed over the toe to stop the bleeding whilst part or all of the nail is removed.
- Phenol is then applied to the nail bed to stop the nail from growing back.
- A sterile dressing is then applied which should be kept dry and in place until your first redressing appointment.
- Your visit to the podiatry department will take 45-60 minutes (however actual surgery only takes several minutes).

#### 8. After your surgery

If you have any discomfort when your anaesthetic wears off please take what you would normally take for a headache i.e. paracetamol. **Please avoid aspirin and ibuprofen as this may cause bleeding.**

Please rest your foot as much as possible for the rest of the day.

**Avoid excess activity e.g. football, dancing, running and swimming until the podiatrist informs you otherwise.**

If you notice any blood/discharge seeping through the dressing this is normal. **Please do not remove the dressing.** Just apply a clean dressing over the toe.

The local anaesthetic should not cause any problems. However there is a rare risk of an allergic reaction which can occur up to 72 hours after the injection.

If you feel breathless, faint, dizziness, have an itchy rash all over the skin and/or swelling in the body or throat, **please go immediately to A&E department and tell them you have had local anaesthetic.**

**If you are concerned at any stage after the procedure please do not hesitate to contact us on:**

**0191 569 9693 (9.00am -12.15pm Monday-Friday)**

**Out of hours go to your GP practice or a Walk In Centre.**

## 7. Dressing Instructions

- After your first dressing appointment you will be expected to redress your toe using Cosmopore dressings which you will have obtained via a prescription from your GP.
- At first the toe will look dry. However, after a few days it will start to release fluid. This is normal and **not** an infection.
- If the toe does become red, hot, throbbing and painful then this would indicate an infection and you should see your GP for antibiotics.
- You will normally be seen for the first redressing 1-4 days after surgery and you will also be seen 7 days later. The next appointment will be approximately for 4 weeks time. In between appointments you will be expected to dress as advised by the Podiatrist.
- You may have a quick warm shower before changing your dressing. However some patients do need to keep the toe dry, e.g. at risk patients. This will be advised by your Podiatrist.
- The area where the nail was removed will take between 4-12 weeks to heal and will have to be dressed for all this time. The toe will be monitored until it has healed.
- A scab will eventually form which should come away by itself. The toe may still be a bit sensitive for a short time following healing. It is advisable to avoid pressure from tight footwear.
- A final appointment will be sent after 6 months to check the nail surgery was successful and you are satisfied with the results.

## 6. Risks and Benefits

### Benefits

The intended benefits are:-

- To cure painful/problem toe nail conditions.
- Reduce the risks of repeated infections.
- To return the patient to normal sporting/social activities.

## Risks

- **Nail re-growth:**

Every step is taken to prevent the re-growth of the nail. However, if this does occur it may or may not require further surgery.

- **Delayed Healing:**

Average healing times are between 4 and 12 weeks depending on your age and health.

- **Pain following the operation:**

You may experience some pain or discomfort when normal sensations to the toe have returned, we advise you take your normal painkillers, the same as you would with a headache.

- **Phenol Burns:**

Occasionally the phenol used to stop the nail re-growing can spread on to the skin surrounding the nail. If this happens it may be painful and delay the healing. Every care and precaution is taken to prevent this.

## Risks Continued

- **Infection:**

Every precaution is taken during the operation to prevent infection. However, because we are dealing with an open wound an infection can occasionally occur. This will present itself as a hot, painful, swollen toe. If this does occur you should contact your GP or Podiatrist for further advice.

- **Excessive Bleeding:**

There may be a little bleeding during the operation, however bleeding may occur afterwards. It is therefore important that you relax for the rest of the day with your foot raised. It is important that you inform us if you are taking any tablets that increase the likelihood of bleeding, for example warfarin or aspirin.

- **Occasional Prolonged Numbness:**

After the nail surgery some patients have a delayed return to normal sensation in the toe. Should this happen, please discuss this with your Podiatrist.

- **Adverse reaction to Local Anaesthetics:**

Rarely an adverse reaction to the anaesthetic may occur. This could possibly result in a fatality.