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Instructions After Nail Surgery

At:

On:

Time:

It is very important you attend your first re-dressing appointment on the date above and please read the following carefully. It will help you to know what to expect following the nail surgery.

You have had nail surgery under local anaesthetic with phenol applied to the nail matrix and nail bed. A tourniquet was applied forminutes.
.....Mls of% was administered by
(Podiatrist).

If you have any queries please contact

Telephone

If out of hours and in an emergency please contact your GP or local accident and emergency department and take this form with you.

POST OPERATIVE ADVICE

- Do not under any circumstances disturb the dressing
- At home, remove shoes to relieve pressure and rest with your feet up for the remainder of the day.
- You should not drink alcohol during the first 24 hours after surgery as it dilates the blood vessels making the toe more likely to bleed.
- If your toe is painful take your usual painkiller e.g. Paracetamol, but not Aspirin/Dispirin.

- **Keep the initial dressing intact and dry until your follow up appointment.**
- Physical sport and swimming should be avoided for four weeks.
- Avoid tight socks, shoes, heavy bedclothes.

THE HEALING PROCESS

For each person the time that it takes for the toe to heal following this procedure is different but on average it takes 6 to 8 weeks. The toe may appear slightly red and puffy for about 10 days, this is a normal reaction to the chemical (phenol) applied after surgery. It may weep slightly but will begin to dry out after 2 to 4 weeks, and a scab will form. **Do Not Remove The Scab.**

POSSIBLE COMPLICATIONS

Infection: This is characterised by a red, painful toe and possibly with thick discharge. There may also appear red streaks projecting from the toe onto the top of the foot. This may require further treatment, please consult your Podiatrist or GP if out of hours.

Pain: Pressure from tightly worn footwear or hosiery will irritate the toe and delay healing. It is advisable to wear extra roomy shoes/sandals to allow enough space for the dressing.

Delayed healing: This can be caused by infection, pressure or certain medical conditions

Regrowth: This is when a small piece of nail grows again. This will only become apparent after 4-6 months. You must contact your Podiatrist if this occurs.

Phenol Burn: You may experience blistering around the wound site.

Dressing your toes after nail surgery:

- You may be advised to bathe your toe in a saline footbath as directed by your Podiatrist. See “How to prepare a saline footbath”.
- You must apply a sterile dressing to the toe until it is healed. See “How to apply a sterile dressing”.

If you follow these simple instructions you are helping to avoid foot infection and aid healing.