

Mahmood Sharifi-Hosseini BSc (Hons), MChS
Health Professions Council Registered Chiropodist / Podiatrist
Eastbourne Clinic of Natural Medicine
69 Meads Road Meads BN20 7QL
Tel: 01323 734664

Instructions before the nail surgery

BELOW IS IMPORTANT INFORMATION ABOUT NAIL SURGERY.

PLEASE READ THROUGH CAREFULLY. IF YOU HAVE ANY QUESTIONS, CONTACT YOUR PODIATRIST.

The full details of your treatment choices have been discussed with you. The operation involves administering a local anaesthetic to each side of your toe. The toe will become numb before surgery begins. At the end of the surgery a large dressing will be applied and then you will be able to go home. It is preferable you neither drive by yourself nor use public transport following the nail surgery; this will avoid any accident and excessive bleeding due to pressure. The toe usually remains numb for 2-4 hours.

- **Intended benefits:** To cure painful/problematic toenail conditions.
- **Serious or frequently occurring risks:** As with all minor surgical procedures there are risks. With nail surgery this can be: - delayed healing; nail re-growth; localised infection; phenol burn; occasional prolonged numbness; pain and bleeding. Rarely, an allergic reaction to local anaesthetic can occur or the anaesthetic can result in slowed heartbeat or breathing. Rarely the heart can stop; however there are no reported cases of this having taken place with the local anaesthetic used in Podiatry (Chiropody) practice.

It is normal to remove part or the entire toenail. The nail bed is then treated with chemical (phenol) to prevent the nail growing back.

A bulky dressing will be applied to your toe. **Please bring extra-roomy shoes or an open toe sandals.**

The toe will need regular redressing until it has healed, which may take several weeks (You will receive instructions on aftercare before you leave). This can mean that you are not being able to wear your normal style footwear for some time and sporting activities may be affected. You are advised not to swim until your toe(s) have healed.

Once the toe has healed, you will find your toe has a different appearance.

Please bring a list of any medication you are taking currently.

If you are taking Warfarin, or other blood thinning medication, please seek advice from your GP or blood clinic about the need to reduce your dose before surgery.

For all procedures where surgery is required we need to give you a local anaesthetic. **There is no need to fast prior to a local anaesthetic, so please eat normally.**

Please ensure that you do not have another local anaesthetic within 24 hours of your appointment (neither before nor after your surgery).

If you have had any previous physical reaction to a local anaesthetic, please discuss this with the Podiatrist, as an alternative treatment may be required.

Local anaesthetics are not advised during pregnancy or breastfeeding. Please advise if this is the case.

A parent or guardian must accompany those under 16 years of age.

Let us know if you are planning a holiday, or sporting activity or other surgery within 4 weeks of your appointment as this may affect your healing.

Make sure that your feet are clean, and nail varnish removed. Please ensure that you keep the affected toe(s) clean and covered with sterile dressing that is changed daily, whilst you are waiting for your surgery date. This will minimise the risk of your toe(s) becoming infected.

Do not drive on the day of your operation, as this may invalidate your car insurance. Arrange alternative transport preferably no public transport either.

Please contact the surgery if you can not make the date of your appointment, giving us at least 48 hours advance notice.