

Nail Surgery Procedure

The Procedure:

Following a comprehensive consultation with the Podiatrist at South West Podiatry, nail surgery has been discussed and this pamphlet provides further information on the minor surgical procedure. Nail surgery is a procedure to remove a section of the nail or the whole nail. It is performed under local anesthetic and is completely pain free once the anesthetic is administered. A tourniquet is applied to the toe to prevent bleeding and the portion or all of nail is removed which does not require any sharp incisions or stitches. Once removed a chemical called phenol is applied to the nail bed to destroy only the section of nail which is treated. A large dressing will be applied post operatively which needs to be kept clean and dry for 48 hours. The post-operative dressing will be removed by the patient after 48 hours and redressed with a sterile dressing each day following soaking the foot in salt and water for 10 minutes.

On the day of nail surgery:

- Attend in your normal footwear and bring a pair of flip flops.
- Eat normally throughout the day.
- Drink plenty of water.
- Car insurance is invalid for 24 hours so please make alternative arrangements.
- Please inform the Podiatrist if your medication or medical history has changed.
- You should not require any time off work.
- Rest for the evening after the procedure.

After the procedure:

- Keep the post op dressing clean and dry for 48 hours
- Remove the dressing and salt water bathe the feet.
- Re dress the wound with a sterile dressing until seeing the Podiatrist again in 6 weeks.
- Report any signs of infection to your Podiatrist or GP immediately (Redness/Heat/Swelling)
- Avoid exercise for the first 4 weeks.
- Take pain medication (if required)

Side Effects:

Although side effects are uncommon, infection is the largest risk. Infection will normally show as an increase in pain, redness or heat. If you suspect you may have an infection then contact the clinic on the number below or your GP immediately. Other known uncommon side effects include reaction to local anesthetic, bleeding, bruising, nail deformity, phenol blistering, regrowth of the nail (5%) and delayed healing.