

Before your nail surgery

Information for patients

Please read this leaflet carefully as this contains important information about your procedure.



What is nail surgery?

Nail surgery is a simple procedure to remove part or all of a troublesome nail. The section of nail is removed and treated with a chemical to prevent the nail from re-growing

The benefits

To cure painful or problematic toenail conditions.

What will happen?

Your nail will be assessed to determine whether nail surgery is required and full details of your treatment choices will be discussed with you.

If it is decided that nail surgery is the best treatment choice you will be asked to sign a consent form.

A parent or guardian will be asked to sign the consent form for children and young people under 16 years of age.

What will nail surgery involve?

The procedure involves administering a local anaesthetic to the base of the toe to ensure the toe is pain free before the procedure begins.

All or part of the nail plate is then removed and the nail bed is treated with a chemical to **prevent the nail from growing back**.

The procedure will take approximately 10 minutes, however 1 hour has been allocated for the appointment. This allows time for a pre-operative assessment, ensures you are fully aware of the proceedings, and we can give you advice for after your surgery.

The toe will remain numb for 1-2 hours after the local anaesthetic injection.

Following the procedure a bulky dressing will be applied to your toe, therefore you will need to bring **open-toe footwear to wear home**.

Points to note:

- There is no need to fast before a local anaesthetic
- Please ensure that you do not have another local anaesthetic within 24 hours of your appointment (either before or after nail surgery)
- Local anaesthetics are not advised during pregnancy or breast feeding. **Please let us know if this is the case**
- A parent or guardian should accompany children and young people under 16 years of age
- Let us know if you are planning a holiday, sporting activity or any other surgery within 4 weeks of your appointment as this may affect your healing
- Ensure your feet are clean and nail varnish is removed from all toes
- Please bring a **list of any medication** you are currently taking
- If you are taking Warfarin or any other blood thinning medication, please speak with your GP or consultant about the need to reduce your dose before surgery
- The DVLA state that driving is prohibited until full sensation (feeling) returns to your toe. We recommend not driving for 24 hours following surgery. Please also avoid public transport on the day of your procedure.

How long does it take to heal?

Everyone heals at different rates but on average it takes approximately 8 weeks.

Your toe will need regular redressing until it has healed. Advice and information will be supplied at your nail surgery appointment. At this appointment you will be shown how to do your dressing at home and what to expect during the healing process.

Risks of nail surgery

Please be aware that not all nail problems can be cured by nail surgery.

Not all patients are suitable for nail surgery due to certain health risks. As with all minor surgical procedures, there are risks following nail surgery. These include:

- Delayed healing
- Nail regrowth
- Localised infection
- Chemical burn (phenol flare)
- Occasional prolonged numbness
- Adverse reaction to local anaesthetic (rare).

After healing, the toe may have a different appearance.

Please note you may not be able to wear your normal style of footwear and sporting activities may be affected after your surgery.

Please follow your podiatrist's advice.