

Points to Note:

- Wash hands thoroughly prior to a dressing being removed and prior to applying a new dressing.
- Do not compromise the area by direct touch or interference.
- The wound may drain, and many patients can notice significant leakage during the healing process.
- Do not wear nail polish until the area has healed, as it can hide bacteria, increasing the chances of an infection.
- Antibiotics are not recommended for minor operations. Wound infections can be treated successfully if diagnosed early. If you have any concerns, contact a member of your nail surgery team on the telephone number below.
- Follow all written and verbal advice given to you in attempts to reduce the chances of postoperative complications and encourage healing.
- If you have any concerns regarding your wound healing, please contact the telephone number below and ask to speak with a member of the nail surgery team.

**Nail Surgery Team:
0131 536 1627**

NAIL SURGERY



**Patient Information
Dressing Advice
Clinisept**

Dressing Regime:

- It is important to keep the foot dry **except** when changing dressings.
- Bath/shower every 2nd day **with the dressing in place** or daily if there is excessive foot perspiration.
- Remove dressings after bath/shower.
- Use the clinisept spray to wet the wound area (approx 2 x sprays).
- Dry the foot with a clean towel **taking care not to touch the toe(s)** to be dressed.
- In the first week allow 5-10 minutes for the toe(s) to dry before dressing.
- 7 days after your procedure the dressing can be left off with the foot **elevated** for a couple of hours, after the use of the Clinisept spray and prior to applying the dressing. It is important at this stage that you **do not** stop dressing the wound.
- Apply the adhesive non-absorbent dressing and if required secure with extra adhesive tape.
Repeat the above procedure every 2 days or daily as recommended by your clinician.
- It is essential that footwear with plenty of room for your toes is worn following nail surgery. This is because pressure from tight footwear can delay the healing process.
- Avoid running, strenuous exercise and swimming during the healing process.

Questions:

(Q) How long will my toe take to heal?

(A) Healing times vary from person to person. If you have had a complete nail removed, it will usually take around 8 weeks. If your nail has only been partially removed it will take around 6 weeks to heal.

(Q) My toe is bright red, hot, shiny, painful and has a strong odour, what should I do?

(A) You may have a small infection in the wound area, contact the telephone number on this leaflet to enable a member from the nail surgery team to assess the area and if infected, will arrange an appointment for you in one of our nail surgery clinics.

(Q) I have noticed discharge coming through my dressing, is this normal?

(A) With total nail removal, it is quite normal for this. This is due to the action of the phenol applied to prevent re-growth. Continue with the use of Clinisept spray and then apply a dry sterile dressing over the nail bed.

It is normal for your toe to appear slightly red and puffy, with moderate discharge from the wound until it has healed. The area will **begin** to dry up after 5-6 weeks, when a dark scab will **begin** to form. The wound area **is expected to have healed around 8 weeks** post surgery. Do not remove the scab, let this come away naturally. At this point you should stop using the Clinisept spray and applying dressings.

If you have any concerns during the healing process please do not hesitate to contact the nail surgery team as opposed to your GP practice.