

# BEXLEY FOOT CLINIC

## NAIL SURGERY POST OP INSTRUCTIONS



After surgery go home and elevate your foot for the rest of the day, do not drive during this time. If tolerated, take a Paracetamol/Ibuprofen tablet when you feel the anaesthetic wearing off, and then before you go to bed. Continue pain relief if necessary, keeping to recommended doses; most people find the procedure causes only a little soreness.

Keep the dressing dry and in tact, until your redressing appointment. If the dressing bleeds through, cover the existing dressing with more dressings, do not disturb the surgery dressing; excessive bleeding is only likely if you are standing or walking post operatively for too long during the first 24 hours or if you are taking any blood thinning medication.

### Redressing and Self Care

The wound can be discharging for up to 4-6 weeks. The area surrounding the site of phenol application can be red for this period. Avoid high impact sports, running, swimming during this time. The wound should be kept out of all baths or shower water, if the dressing/wound becomes accidentally wet, complete a saltwater footbath and apply a new dressing.

- Dissolve 2 tablespoons of table salt into a bowl of boiled water that is big enough to accommodate your foot. Let it cool till the water is luke warm.
- Remove the existing dressing and soak your foot for no longer that 5 minutes.
- Let the foot air dry rather that use a towel to dry it, fibres stuck in the wound can delay healing.
- Place a sterile, dry dressing like melonin onto the wound (shiny face down). Secure with surgical tape like micropore (not plaster). You will need approximately 20 5cm x 5cm squares of melonin, and 1 roll of micropore available at any chemist.
- Repeat every other day until the dressings removed are completely clean. At this point, the wound is considered to be healed enough to get your foot wet in normal bath or shower water. Healing normally takes between 4-6 weeks.

Following the surgery, try not to wear shoes that put pressure on the area as this may cause pain and possibly delay healing. Don't allow your foot to get too hot and sweaty as this may encourage postoperative infection.

There may be some irregularity to the new growth of any remaining nail plate. This is normal and is due to the actual nail surgery procedure. The growth following this should be normal. Remember a big toe nail can take up to 1 year to completely regenerate.

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