

BEXLEY FOOT CLINIC



Nail Surgery Information

What conditions need nail surgery?

Ingrowing Nail – this may be just one or both sides of the nail. You may experience pain in one or both sides of the toe, redness, swelling, bleeding or pus discharging from the area. You may need antibiotics if there is infection present.

Involuted Nail – this is where either one or both sides of the nail are tightly curved in towards the skin. This can lead to an in-growing toenail or can just cause pain when pressure is applied.

Onychauxic (thickened) Nail – you may remember damaging the nail in the past or noticed that it has just got thicker over time. It can be painful in shoes due to increased pressure on the toe.

The Procedure

Nail Surgery involves the removal of one side, both sides, or the whole nail under a local anaesthetic. The anaesthetic is injected into both sides of the base of the toe and produces a temporary localised loss of sensation which lasts for approximately two hours. Phenol (a caustic chemical) may be applied to stop the nail from growing back.

On the day of the surgery

Alcohol must be avoided 24 hours before and 24 hours after the surgery. Do not smoke immediately prior to and after the surgery. There is no need to stop eating or drinking before the procedure.

Children under the age of 16 must be accompanied by their parent or legal guardian. No other children will be allowed in the treatment room during the surgery.

Please ensure that all nail varnish is removed and that your feet are clean. Please bring a pair of sandals or loose fitting shoes to accommodate the dressings that will be applied after the surgery.

Please inform the podiatrist on the day of your surgery of any changes to your medication or pregnancy status.

During the surgery

The foot will be washed with an iodine based fluid, a tourniquet will be put on the toe and the operation will commence. The phenol is applied for 3.5 minutes (which stops the nail from growing back), the tourniquet is removed and the toe dressed. The operation usually takes between 10 and 15 minutes but times may vary. The whole appointment will take approximately 45-60 minutes due to the anaesthetic injection and waiting for the toes to become numb.

After the surgery

It is essential for someone to drive you home and do not attempt to make your own way home by driving or public transport.

You will need to keep your foot up for the rest of the day to minimise the bleeding. Keep the foot dry and leave the dressing on until your next appointment with us, it can be normal to see some blood come through the dressing, especially when there is infection present.

If the area is uncomfortable, a painkiller (not aspirin) such as taken for a headache may be helpful.

First post op dressing

You will be required to attend a dressing at the clinic a few days after the surgery. The dressing will be removed and cleansed with saline and sterile gauze and a much lighter dressing will be applied.

You will be instructed on how to take care of your toes by the podiatrist and an [information sheet regarding the post op instructions is available to download from our website](#). You may purchase the dressings you will require for the post op healing period from our clinic, which may take between 4-6 weeks to heal.

Serious or frequently occurring risks

Adverse reaction to the local anaesthetic (very rare), Complex Regional Pain Syndrome (extremely rare). Other risks may be delayed healing, post-operative infection, permanently loosely attached nail plate, loss of entire nail plate, altered cosmetic appearance, or the nail requiring further surgery due to regrowth (our podiatrists current success rate is 96%).

If at any time you have any questions or any concerns before or after the surgery, get in touch via:

Contact Details:

Tel: 01322-555-329

E-mail: bexleyfootclinic.co.uk