



# Nail Surgery Post-Operative Care/ Redressing Advice

## Information sheet

Your podiatrist has advised you to carry out warm salt water foot baths and continue redressing the wound at home.

A dressing pack has been provided to re-dress the wound for the first few days. Please see your G.P. for more dressing materials. Alternatively, you can purchase them from the Chemist. You will require: Cosmopore ® E sterile dressing (or equivalent)

### How to carry out salt water redressing

- Fill a clean bowl with warm water and ½ mug of salt. Allow to dissolve.
- Gently remove the existing dressing.
- Soak the foot for approximately 5-10 minutes.
- Remove the foot from the water and allow the toe to air dry naturally, do not walk around during this time.
- Once you are sure the toe is completely dry redress the toe using a dry, sterile dressing.
- Repeat this procedure every 1-2 days until the wound has completely healed and there is no longer any fluid leakage (yellow/brown staining) on the dressings.

### Please note:

- **Do not**, under any circumstances, get the dressing or toe wet as this increases the risk of infection.
- Make sure you continue to wear open toed sandals/ wide fitting deep shoes until the wound has healed.
- **Do not** participate/ continue in any sporting activities, including gym training until the wound has healed.
- Look out for **signs/symptoms of infection**:
  - Wound/toe feels hot
  - Wound becomes smelly
  - Wound is very painful and throbbing
  - Area around the wound is very swollen
  - Cream-coloured pus coming out of wound

### Please be aware it is normal for the wound to weep as it heals.

It is important that you seek medical attention if you think the wound has become infected. Please contact your G.P./Practice Nurse or your local Accident & Emergency Department.



## Healing time

On average nail surgery wounds take 4-8 weeks to heal fully, however this can vary depending on the severity of the nail deformity prior to surgery and any medical conditions you may have such as diabetes. Healing will also be delayed if the wound becomes infected.

## Normal healing

The chemical we use to prevent the nail from re-growing is called Phenol. This is a very strong chemical and is the reason why nail surgery wounds take longer to heal than you would usually expect.

It is completely normal for the wound to produce a yellow / brown fluid leakage for the first 2-3 weeks of healing and this will gradually dry up as the wound continues to heal.

## Follow up appointments

After your initial redressing appointment you will not be offered a follow up appointment unless the podiatrist feels it is clinically necessary. However, if you have any concerns regarding the nail surgery within the six weeks following surgery please contact the Central Booking Team on **020 3316 1111** who will make you a follow up appointment.

Your six week follow up period finishes on.....

After this time if you need further care you will need to see your GP for a new referral or you can self-refer into the service using the self-referral forms available at the health centre.

## Patient advice and liaison service (PALS)

If you have a compliment, complaint or concern please contact our PALS team on 020 7288 5551 or [whh-tr.whitthealthPALS@nhs.net](mailto:whh-tr.whitthealthPALS@nhs.net)

If you need a large print, audio or translated copy of this leaflet please contact us on 020 7288 3182. We will try our best to meet your needs.

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