



Nail Surgery Post-operative Information Sheet

Name:	
D.O.B:	

Procedure carried out	Nail avulsion with phenolisation of matrix under local anaesthetic.
Local anaesthetic used and dosage	Plain Mepivacaine Hydrochloride 3%:

If you need to seek medical attention following your nail surgery, including any emergency dental care, please ensure you show them the information below regarding your procedure.

Post-operative redressing appointment:

An appointment has been made for you to discuss how to care for the toenail after your surgery.

Date	Day	Time	Location
			Holloway Community Health Centre Hornsey Street

After your nail surgery:

- The toe may remain numb for up to two hours. You should rest the affected foot for at least 24 hours after surgery.
- When the anaesthetic wears off, you may experience some discomfort. You can take your over the counter painkillers such as paracetamol or ibuprofen to reduce this. Please follow the instructions on the patient information leaflet.



- You must not have any local anaesthetic for 24 hours after your surgery.
- Please ensure your dressing is kept on and dry until your redressing appointment with the podiatrist. This is important to allow the wound time to settle before it is disturbed and enables the podiatrist to see how it is progressing post-surgery.
- It is normal for some blood/fluid to appear through the dressing. If needed, you can apply some additional gauze on top of the existing dressing. (A pack of gauze will be provided after your surgery.)
- If you experience a lot of bleeding which cannot be stopped by raising your foot, you should seek medical advice.
- If the dressing comes loose, please apply more tape to secure it. (Some tape will be provided after your surgery). We recommend wearing a loose fitting sock over the affected foot at bedtime to prevent the dressing coming off.
- Do not drink alcohol for 24 hours after surgery.
- You may need some time off work or school. It is important to avoid any undue pressure or injury to the toe, and it may be advisable to inform your employer/teacher of the procedure.
- To help the wound heal and to reduce the risk of infection, it is important to avoid all high impact sports/ gym activities and swimming.
- It is very important that you attend your redressing appointment. This will be issued to you after the surgery.

Healing time

On average nail surgery wounds take 4-6 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 exudate for the first 2-3 weeks of healing and this will gradually dry up as the wound continues to heal.

Signs of infection

Infection may occur at any time following surgery and it is very important to follow the advice given at your redressing appointment when caring for your toe(s). The following are some of the common signs and symptoms of infection to look out for while the wound is healing:

- The toe becomes more red and swollen than usual and this starts to move down the toe towards the foot.
- The toe becomes very painful and throbs
- The wound becomes very smelly



If you are concerned that you have an infection please see your GP or make a follow up appointment with the podiatry team by contacting the Central Booking Team on 020 3316 1600 / 1111 (available 10:00 - 16:00 Mon-Fri).

An emergency case would be if you think you have an infection or acute, unusual pain, especially if you have a medical condition that puts you at risk of more serious foot health problems. If you have these symptoms out of our working hours, please contact your GP or NHS Direct on 111.

[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

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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