



PATIENT INFORMATION

Nail surgery Aftercare

Please read this leaflet carefully. Keep it in a safe place and, take it with you for any appointments concerning your toe

Patient's name.....NHS No.....

Procedure..... Date.....
with/ without sodium hydroxide, under local anaesthetic

.... mls of 3% Mepivacaine Plain (Scandonest)

Your toe has been dressed with sorbsan / NA gauze, sterile gauze and tubegauze.

This needs to be changed the next day.

If you have any concerns, please contact the **Podiatry Department 01803 217712 08.45-15.45**
(or your GP or in an emergency local MIU/A&E if you require assistance out of office hours).
Your Podiatrist is.....

Your follow up appointment is: Date.....time.....

Location.....

1. The anaesthetic will wear off after a short period of time. You may experience a little discomfort, if so you may take your normal painkillers. Avoid Aspirin (unless prescribed for you) as it can cause bleeding.
2. Do not take part in vigorous exercise or walk long distances for 24 hours after surgery. It may be necessary to modify strenuous activities for a couple of weeks
3. Keep the dressing on and dry. If you notice any blood on the dressing, do not remove it but place a fresh dressing on top of it, apply compression for 5 minutes and keep the foot elevated until the bleeding has stopped.
4. Avoid tight socks, shoes, heavy bedclothes; wear open toed sandals or loose soft shoes which comfortably accommodate this dressing.
5. Avoid alcohol for the remainder of the day following surgery as it can cause bleeding.

6. A tourniquet was used for the procedure and has been removed.....(time). Capillary refill was noted withinseconds.
7. DVT (Deep Venous Thrombosis) or pulmonary embolisms are very unlikely following nail surgery. However following Nice Guidelines we have included the symptoms to look out for, following any surgery.

You should seek help (from your GP, Torbay Hospital A&E 01803 654003 or NHS Direct 111) immediately if you experience any of the following in the days or weeks after your treatment.

- You have pain or swelling in your leg
- The skin on your leg feels hot or discoloured (red, purple, or blue).
- The veins near the surface of your legs appear larger than normal or you notice them more
- You become short of breath
- You feel pain in your chest or upper back
- You cough up blood

[\(NICE Clinical Guidelines 92 reducing the risk of deep vein thrombosis for patients\)](#)

For further advice on nail surgery aftercare see hiblio video

<http://www.torbayandsouthdevon.nhs.uk/services/podiatry/support-videos>