

PATIENT INFORMATION

Prior to Toenail Surgery Information Sheet

PLEASE READ THIS INFORMATION SHEET BEFORE ATTENDING for TOENAIL SURGERY

Your appointment for toe nail surgery is

on.....Time.....

Please report to MAIN RECEPTION Brixham Hospital/ Newton Abbot Hospital

If you cannot keep your appointment or have any queries please phone - 01803 217712 08.45-15.45

- Please ensure your feet are clean and remove nail varnish from the affected toe
- Please bring with you extra wide shoes or open toed sandals to accommodate the large dressing which will stay on overnight.
- Please bring a list of your current medication
- Eat and drink normally
- You will be given injections of local anaesthetic into the base of the toe to make the toe numb
- Please bring painkillers such as paracetamol with you in case it is needed when the numbness wears off. We are not able to supply these.
- Please arrive in good time, allowing time to park. Arrange for a lift home- driving with a numb toe and large dressing on, could invalidate your insurance, is unsafe and not recommended
- Allow about an hour for your appointment
- For the first week or so it may be necessary to modify normal activities if they make the toe feel sore.

Please inform the Podiatrist if you:

- Have had local anaesthetic within 24 hours of nail surgery **or** bring with you details of the type, percentage strength and of local anaesthetic you have had so that we can accurately calculate the maximum safe dosage
- If you have any allergies or history of reactions to local anaesthetic.
- If the redness/infection has spread down your toe. It may not be possible to administer the local anaesthetic
- Any changes in details or health, or if you are pregnant or breast feeding.
- Are on anticoagulation medication (e.g. Warfarin, Dabigatran, Rivaroxiban, Clopidogrel) or Anti TNF or Oral Retinoids. *Follow your GP's advice about stopping these medications before the operation. You should continue your normal medication unless you have been advised otherwise.*
- Are going on holiday
- Undertaking sporting activities
- Have scheduled operations or treatments such as chemotherapy or radiotherapy

What can I do to make the operation a success?

Lifestyle changes

- If you smoke, try to stop smoking now. Stopping smoking several weeks before an operation may reduce your chances of getting complications and will improve your long term health. For help and advice on stopping smoking, go to

G.P Area	Stop Smoking Service (SSS) Address	SSS Fax Number	SSS Telephone
TORBAY	Torbay Stop Smoking Service, Roebuck House, Abbey Road, Torquay, TQ2 5EJ	01803 208854	01803 299160
DEVON	NHS Devon Stop Smoking Service in Culm Valley Integrated Centre for Health, Cullompton, Devon, EX15 1FE	01884 32948	01884 836024

- Eat a healthy balanced diet including plenty of fluids
- Good blood glucose control if diabetic
- Keep active

What complications can happen?

The healthcare team will try to make your operation as safe as possible. However complications can occur. Some of these could be serious. You should ask your podiatrist if there is anything you do not understand.

General complications of any operation

- Pain. Over the counter paracetamol or ibuprofen are normally appropriate, if required. It is advisable to wear extra wide toed sandals/shoes to allow room for the dressing and to relieve pressure from the toe.
- Bleeding. This is usually only minor- you will be given appropriate dressings and advice. It is best to avoid alcohol.

- Infection of the surgical wound. This usually settles with correct after care and dressings but antibiotics are sometimes necessary. Please consult the **Podiatry Department**, or **GP if out of hours**. If infection is suspected, a daily 5 minutes soak in warm previously boiled water with a handful of salt dissolved in it may help. Suspect infection if the toe becomes red, hot, swollen and painful, possibly with thick, perhaps smelly discharge

Complications of local anaesthesia

- Prolonged numbness- unusual. Can occur following any local anaesthetic.
- Adverse reaction to local anaesthetic. This can be a mild reaction to the skin to an allergic, anaphylactic or toxic reaction.
- Pain of the injections- this is often the most uncomfortable part of the procedure but your podiatrist will endeavour to keep you as comfortable as possible.

Specific complications following nail surgery

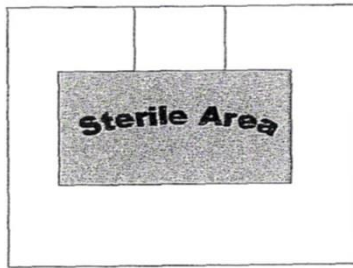
- Chemical burn- this occasionally occurs if the chemical spreads outside the area of the nail bed. It causes a sore blister but will settle
- Prolonged healing. It is usual for healing to take 1-2 months. Certain people are more at risk of delayed healing. Infection will also delay healing.
- Regrowth of the nail. This has been found to occur in around 5-10% of cases. It usually starts to become apparent after 4-6 months. If it causes any trouble consult your podiatrist. Further nail surgery may be required.
- Unsightly nail. The nail will look different and the finished effect can vary. If you wish to see further photographs, please ask your podiatrist.
- Complex regional pain syndrome is a rare(0.026%) chronic pain condition which can occur following trauma or surgery to limbs

Post-operative care

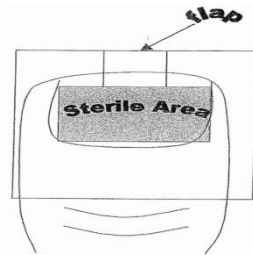
- Nail surgery can take between 4-16 weeks to heal. It is normal for your toe to appear slightly red and puffy, with some discharge from the wound until it has healed. The area will begin to dry after 3-4 weeks, when a black scab will form. Do not remove the scab.
- You will need to keep your toe out of bathing water including swimming pools and sea after surgery-**until it is healed and scabbed over**
- Limbo socks are useful to keep your foot dry.
- You will be shown how to do your dressings at the time of nail surgery. The big dressing should be changed the day after nail surgery. We will supply a small starter pack but you will need to buy some Cosmopore dressings until the toe has healed.

WASH HANDS AND USE CLEAN SCISSORS

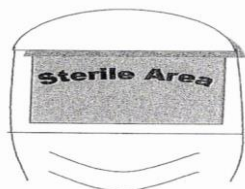
- Clean the toe with warm previously boiled water, drying with a clean tissue but don't touch the wound.



Make two small cuts to create a flap at the top of the dressing



Place dressing ensuring **sterile pad is over wound and flap is at top of your toe.**



Fold flap over top of toe and remainder of dressing around toe, firmly but not too tight.

- Change the dressing every 2 or 3 days, or any time you see weeping through the dressing.
- Cleanse the toe if necessary with cooled boiled tap water. If you suspect infection, you can soak the toe for 5 minutes in a bowl of cooled boiled tap water containing a handful of salt. Rinse after in fresh water.
- When the black scab has formed and there is no mark on the dressing after a few days, then you may leave your toe uncovered. Do not remove the scab.
- **For further advice on nail surgery aftercare see hiblio video <http://www.torbayandsouthdevon.nhs.uk/services/podiatry/support-videos>**
- Unless you have been informed otherwise, you will remain on the Podiatry Department list for 3 months following your nail surgery, after which time you will be discharged.

What will happen if I decide not to have the operation?

The problem is likely to continue but wearing sensible accommodative footwear will usually prevent them from getting rapidly worse.

Summary

If you have painful, deformed or infected toe nails there are surgical and non surgical options. Surgery is usually safe and effective. However complications can happen. You need to know about them to make an informed decision about your treatment. Knowing about them will also help to detect and treat any problems early.

References

Ingrowing Toenails: Management Practices and Research Outcomes Weaver T D et al. *The International Journal of Lower Extremity Wounds*, Vol. 3, No. 1, 22-34 (2004)

Cumming S, *et al.* A randomised controlled trial of phenol and sodium hydroxide in nail surgery. *British Journal of Podiatry* 2005;**8** (4): 123-127.

Potential Risk Factors for the Onset of Complex Regional Pain Syndrome Type 1: A Systematic Literature Review
Anaesthesiology Research and Practice Volume 2015

For further assistance or to receive this information in a different format, please contact the department which created this leaflet.