

Nail surgery

(Northern Services)

Other formats

If you need this information in another format such as audio CD, Braille, large print, high contrast, British Sign Language or translated into another language, please contact the PALS desk on 01271 314090 or at rduh.pals-northern@nhs.net.

Below is important information about your nail surgery procedure. If you have any questions, please contact the Podiatry department on **01271 341509** or email rduh.podiatry@nhs.net

Prior to your procedure, please inform the podiatrist if any of the following apply:

1. You have had a reaction to local anaesthetic previously.
2. You are planning a holiday, sporting activities or other surgery within 4 weeks of your appointment.
3. If you are taking blood thinning medication.

Why is it needed?

The benefit of having this surgery is to relieve your pain.

What does it involve?

The nail surgery procedure involves administering a local anaesthetic into each side of your toe to allow the toe to go numb.

Local anaesthetics are not advised during pregnancy or breastfeeding.

A tourniquet is applied to the toe to temporarily reduce the blood flow during surgery. Part, or all, of the nail will be removed and a chemical is then applied to that area to stop the nail growing back.

The procedure takes about 40 minutes in total.

A large sterile dressing will be applied to your toe and you will be able to go home and rest.

After the toe has healed you will find that the appearance of this area will be altered to how it was.

What are the risks?

As with all minor surgical procedures, there are some risks which the podiatrist will explain to you when you have a pre-op appointment. This pre-op appointment may be done over the telephone.

These risks include:

- Infection
- Bruising and prolonged bleeding
- Phenol flare (skin reaction from the caustic)
- Reaction to local anaesthetic including anaphylaxis
- Complex regional pain syndrome
- Regrowth of the nail
- A change in the appearance of the toe

On the day of your procedure

Please attend on time, otherwise it may not be possible for you to be seen.

If you are unable to attend this appointment or decide that you no longer require this procedure, please notify the appointments officer on the number shown at the top of your appointment letter.

Special preparations

Please ensure you eat and drink as normal.

Please bring an up-to-date list of any medication you are currently taking.

Please remove any nail varnish.

Please bring a pair of open sandals, wide shoes or slippers with you.

You must arrange transport home as you should avoid driving a motor vehicle for 24 hours after your procedure. It is a **motoring offence to drive after a local anaesthetic** has been administered in your toe. Doing so **may invalidate your insurance**.

Those under 16 years will require a parent or guardian to accompany them and sign the consent.

What happens after the procedure?

Please ensure that you do not (or are not due to) have another local anaesthetic within a 24-hour period of this procedure.

Aftercare

After the appointment, you will be asked to manage your toe dressings. If you are unable to do this, please contact your own medical centre.

Please purchase sterile non-stick dressings such as Cosmopor adhesive dressing from your local chemist. Please check with your podiatrist if you are unsure about this item.

1. bathe your toe in salt water (about a teaspoon of salt to a litre of warm water),
2. dry gently and change the dressing each day,
3. check for signs of infection.

Should signs of infection develop, you will need to contact your GP or podiatrist who will decide if you need antibiotics.

Signs of infection include:

- An increase and/or spreading redness
- Additional swelling
- An increase in pain
- Presence of pus
- An increase in heat

PALS

The Patient Advice and Liaison Service (PALS) ensures that the NHS listens to patients, relatives, carers and friends, answers questions and resolves concerns as quickly as possible. If you have a query or concern call 01271 314090 or email rduh.pals-northern@nhs.net. You can also visit the PALS and Information Centre in person at North Devon District Hospital, Barnstaple.

Have your say

Royal Devon University Healthcare NHS Foundation Trust aims to provide high quality services. However, please tell us when something could be improved. If you have a comment or compliment about a service or treatment, please raise your comments with a member of staff or the PALS team in the first instance.

Tell us about your experience of our services. Share your feedback on the Care Opinion website www.careopinion.org.uk.

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