

Ingrown Toe Nail Surgery Information

Partial and Total Nail Avulsions

General

- Nail surgery is a minor operation performed under local anaesthetic (so you can eat and drink as usual beforehand). The toe is painless during the operation.
- If you want, you may bring a friend with you during the operation.
- The procedure usually takes 1 hour. Longer if more nails/toes are being operated on.
- The dressing is a bulky one so please bring a slipper, flip-flop, or very roomy shoes with you.

You should arrange to be driven home. Driving yourself, or using public transport is not advised.

After the Operation;

- When you get home sit down and put your feet up on a stool. Do as little as possible for the rest of that day.
- If necessary take 2 tablets (400mg) of IBUPROFEN (Nurofen) when you get home. Then 400mg 6 hours later. Take Ibuprofen with a glass of water or food. Consult your pharmacist if you are taking other drugs.
- Despite any tenderness, you should be able to go to work the next day.
- Any weeping or bleeding into the dressing is normal but the dressing must be kept in place and dry.
- The 1st re-dressing is usually done 1 or 2 days after the surgery, and this is not uncomfortable. A much smaller dressing is applied so regular, but sensible shoes may be worn.
- If all is well you may re-dress the wound yourself. Written instructions will be given.
- Redress the toe every 2/3 days.
- It is normal for the toe to weep for several weeks afterwards.
- The less activity you do will mean the wound will heal more quickly.
- It is important that you do NOT return to vigorous sport/activity, nor wear tight fitting shoes before FULL healing has occurred. If the wound is aggravated/traumatised then the side of the toe will swell, enveloping the wound and nail and thus healing may not take place; or take a lot longer.
- Full healing normally takes 6 weeks.
- Sometimes, like any open wound it may become infected, the toe will appear red and swollen.
- If so, you may need to take antibiotics. In the rare event that a regrowth of nail occurs you will need a further small procedure, under local anaesthetic to remove it.