

## Ingrown Toe Nail Surgery Information

### General:

- Nail surgery is a minor procedure performed under local anaesthetic, allowing you to eat and drink as usual before the operation. The toe remains painless during the procedure.
- You're welcome to bring a friend with you for support during the operation.
- The typical duration of the procedure is about 1 hour, but it may take longer if multiple nails or toes are involved.
- Following the surgery, a bulky dressing will be applied. Please bring a slipper, flip-flop, or very roomy shoe to accommodate the dressing.
- It's advisable to arrange for someone to drive you home afterward, as driving yourself or using public transport is not recommended.

### After the Operation:

- When you return home, take some time to rest and elevate your feet on a stool. Minimize activity for the remainder of the day.
- If needed, you can take two tablets (400mg) of IBUPROFEN (Neurofen) when you arrive home, followed by another 400mg dose six hours later. Remember to take Ibuprofen with water or food. If you are on other medications, consult your pharmacist.
- Despite any tenderness, you should be able to resume work the next day.
- It's normal to experience some weeping or bleeding into the dressing initially, but it's crucial to keep the dressing dry and in place.
- The first redressing typically occurs one or two days after surgery, which is usually not uncomfortable. A smaller dressing will be applied, allowing you to wear regular, sensible shoes.
- If everything is progressing well, you may manage the wound dressing yourself. Written instructions will be provided.
- Redress the toe every 2-3 days as instructed.
- It's common for the toe to continue weeping for several weeks post-surgery. Limiting activity will promote faster healing of the wound.

If you have any concerns or questions during your recovery, please don't hesitate to contact us.

Signed:

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