

Redressing the toe

At your first dressing appointment you will be shown how to redress the toe. The toe must be kept clean, dry and covered with a sterile dressing until it has healed. During this time you will need to avoid tight fitting shoes as this could delay healing. Your podiatrist will supply you with ample dressings. You will be asked to attend regular follow up appointments. This will allow us to monitor how the toe is healing. Healing may take up to 12 weeks, sometimes longer.

Possible complications

Local anaesthetic.

Complications are rare after a local anaesthetic. An example of a possible complication is an allergic reaction.

Phenol Occasionally, a reaction to phenol can cause inflammation, burning or blistering. If this happens it usually subsides in a few days.

Aftercare

Occasionally whilst healing the toe may become infected and a course of antibiotics from your GP may be needed.

Whilst every effort will be made to provide a cosmetically acceptable outcome, the final appearance of the toe cannot be guaranteed and there is a very small chance that the **nail may regrow**.

Contact us if you have any further questions

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**Cockermouth
Chiropody Podiatry**

A Guide to Nail Surgery

What To Expect

The HCPC regulates health and care professionals in the UK via a register, and was set up with the sole intention of protecting the public.

The HCPC only registers professionals who meet certain standards. Such professionals must meet these standards for their training, professional skills and behaviour. We are all HCPC registered chiropodists/podiatrists. We must continue to meet these standards. This not only reassures the public that their healthcare professional is genuine, but that they, as service users, are protected should any professional fail to meet those standards.

**Always ensure YOUR Podiatrist
is HCPC Registered.**



You may be considering having nail surgery on your toes. This leaflet aims to provide a basic guide to the nail surgery procedure, what will happen at the appointment and the follow up care.

Why nail surgery?

Nail surgery is a simple treatment to solve many common nail problems such as:

***ingrowing toenails;**

***thickened and damaged nails;**

***very curved (involuting) nails.**

It involves taking all or part of the nail away using a local anaesthetic to numb the toe. A chemical called phenol may be used to stop the nail regrowing.

Who is nail surgery for?

You will have an assessment appointment with a podiatrist to determine your suitability.

We will consider:

***Your medical history & medication**

***Any allergies**

***The circulation in your feet**

***If you have had any previous problems with anaesthetics**

You will be asked to confirm your medical history and relevant details. In some cases we may discuss your treatment plan with your GP before we proceed.

Your consent to treatment

Part of the assessment involves asking you to consent. If you are under 16 this needs to be given by the person who has parental consent. They must also come with you to all appointments.

What happens on the day?

The appointment should last for no more than one hour. You should have your meals and medication as normal as this will not interfere with the local anaesthetic.

It is important that you do not have any other anaesthetic, local or general, in the 24 hours before the nail surgery. You should continue to take any prescribed medication as normal.

You will need to bring:

- footwear to accommodate a bulky dressing, an open sandal or trainer for example;
- any medication you are currently taking. This includes any inhalers or GTN spray you are prescribed;
- you will need to have someone accompany you and arrange transport to and from your appointment. Your insurance will not cover you to drive following the anaesthetic.

On the day we will review your medical history and relevant details to ensure it is still safe to operate.

Fees (incl:1 dressing pack and 3 redressings)

£250-£395 depending on type of procedure

The procedure

A local anaesthetic is injected into your toe. It works by blocking pain, although you may still feel pressure and movement.

It takes about 5 to 10 minutes for the toe to go numb. When we and you are happy that the anaesthetic has worked the procedure can begin:

- a tourniquet, will be placed on the toe;
- the nail or part of the nail will be removed;
- the chemical, phenol, is applied;
- the tourniquet is removed and a dressing is applied

After the procedure

A redressing appointment will be made for the following day

- You need to keep the bandage on and dry until your first redressing appointment.
- You will need to rest with your foot up for the rest of the day. After this you can walk normally but avoid any activities that will put pressure on the toe: sports, tight shoes, until otherwise advised.
- We will arrange 3 return dressing appointments

Your Podiatrist will discuss with you if subsequent appointments are necessary