

AFTER NAIL SURGERY

Your minor surgical procedure included the use of local anaesthetic and phenol.

Because the amount of local anaesthetic is controlled it is **VERY IMPORTANT** to keep the following details on your person for 24 hours after the operation.

DATE OF OPERATION.....

TYPE OF ANAESTHETIC USED.....AMOUNT USED.....

PODIATRIST NAME **Ralf Jeutter**. *HCPC Registration: CH32581 BSc(Hons) Pod.Med M.ChS*

SIGNATURE.....

GENERAL ADVICE

- Don't drive, walk or use public transport to get home.
- Avoid driving or walking for long distances whilst the toe is numb and up to 12 hours after the operation.
- Seek advice before booking a holiday after nail surgery.
- Avoid alcohol which can cause bleeding.
- If you are aware of any pain take your normal painkiller but **DO NOT TAKE ASPRIN** as this may cause bleeding.
- Try to be off your feet as much as possible for at least 24 hours after the operation
- At work - light duties should be arranged.
- Wear open toed sandals with the first bulky dressing. Tight shoes will aggravate the nail and delay healing.
- **DO NOT** remove the dressing if blood seeps through, put another dressing on top and keep your foot up.
- Keep the dressing dry until your next appointment with Ralf.

RE: DRESSING APPOINTMENT- IT IS VERY IMPORTANT FOR YOU TO ATTEND

AN APPOINTMENT HAS BEEN MADE FOR YOU ON:.....

NB: In the unlikely event of persistent bleeding, or discomfort, contact The Centre ASAP

AFTER THIS FIRST RE-DRESSING APPOINTMENT WITH RALF

Re Dressing Instructions

- Re-dress your toe once a week unless instructed otherwise
- The dressing must be kept dry between changes.
- Remove the soiled dressings and bathe your foot in warm water which has 25g of salt dissolved in it, as demonstrated. If the dressing sticks DO NOT PULL IT OFF. Soak in the salt water then remove.
- Keep your foot immersed in the salt solution for about 10 minutes.
- Dry the foot with a clean towel, dabbing the wound with the gauze supplied.
- Open the dressing pack and place the dressing on the toe, taking care not to touch the side of the dressing that will come into contact with the wound
- Cover the dressing with the tubular gauze, as demonstrated, and secure with the tape provided.

Possible risks?

All surgical procedures have some risk. The risks of nail surgery can include the following:

- Infection following removal of the nail.
- A local reaction to the chemical applied to the nail bed.
- Re growth of the removed nail. If this occurs within six months the Richards Centre offers a reduced rate for repeat nail surgery.
- Distortion of the remaining nail following partial removal.
- A rare but serious allergic reaction following the injection of the local anaesthetic.
- Medical history or medication can put you at increased risk – your podiatrist will advise you individually about this, e.g., if you have diabetes you are more at risk of infection or poor healing after the procedure.
- Smoking puts you at increased risk of infection and poor healing after the procedure.

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