



## When will I be able to return to school/work?

You can return to school/work the day after surgery, but if you wear closed-in shoes or boots pressure may delay the healing. However, if you have to wear closed in shoes take them off whenever you can. If you stand or walk for long periods of time the clot could be disturbed and the wound may bleed again.

## On the day of your nail surgery:

1. Bring a list of your current medication
2. If you use and inhaler or spray please bring it with you
3. Take all prescribed medicine as usual unless told otherwise
4. Eat normally prior to your appointment
5. Remove all nail polish from your nails
6. Bring footwear that will accommodate a dressing e.g. sandals, slippers etc.
7. Bring a book or listen to music through your headphones if you prefer to be occupied during the procedure
8. Do not drive until the local anaesthetic has worn off (between 2 and 4 hours)

If you require translation services or a copy of this document in other languages, audio tape, Braille or larger print, please speak to a member of CWP staff, e-mail [info@cwps.nhs.uk](mailto:info@cwps.nhs.uk) or write to: Communications, Cheshire and Wirral Partnership NHS Foundation Trust, Upton Lea, Countess of Chester Health Park, Liverpool Road, Chester, CH2 1BQ.

যদি আপনার ট্রান্সলেশন সার্ভিসের বা এই দলিলের কপি অন্য ভাষায়, অডিও টেপে, ব্রেইল বা বড় ছাপায় দরকার হয় তবে অনুগ্রহ করে সিডব্লিউপি এর স্টাফদের সাথে কথা বলুন, ইমেইল করার ঠিকানা [info@cwps.nhs.uk](mailto:info@cwps.nhs.uk) বা কমিউনিকেশন, চেশায়ার ও উইরাল পার্টনারশীপ এনএইচএস ফাউন্ডেশন ট্রাস্ট, আপটন লী, কাউন্টস অফ চেস্টার হেলথ পার্ক, লিভারপুল রোড, চেস্টার, সিএইচ২ ১ বিকিউ ঠিকানায় লিখুন।

如果您需要翻譯服務或想索取這份文件的其他語文、錄音帶、凸字或大字體版本，請向我們的職員查詢。您亦可以寄電郵至 [info@cwps.nhs.uk](mailto:info@cwps.nhs.uk) 或寄信到 Communication, Cheshire and Wirral Partnership NHS Foundation Trust, Upton Lea, Countess of Chester Health Park, Liverpool Road, Chester, CH2 1BQ.

જો તમારે ભાષાંતર સેવાઓ અથવા આ દસ્તાવેજની બીજી ભાષાઓમાં નકલ, ઓડિયો ટેપ, બ્રેઇલ અથવા વિશાળ કદની છપાઈની જરૂર હોય, તો કૃપા કરીને સીડબ્લ્યુપી (CWP) ના કર્મચારીઓ સાથે વાત કરો, ઈમેલ કરો: [info@cwps.nhs.uk](mailto:info@cwps.nhs.uk) અથવા આ સરનામે લખો: Communication, Cheshire and Wirral Partnership NHS Foundation Trust, Upton Lea, Countess of Chester Health Park, Liverpool Road, Chester, CH2 1BQ.

यदि आपको अनुवाद सेवाएं या इस दस्तावेज की अन्य भाषाओं में नकल, ऑडियो टेप, ब्रेइल लीपि या विशाल आकार में छपाई की आवश्यकता हो, तब कृपया सीडब्ल्यूपी (CWP) कर्मचारीयों के साथ बात कीजिये, या ईमेल कीजिये: [info@cwps.nhs.uk](mailto:info@cwps.nhs.uk) या इस पते पर लिखिये: Communication, Cheshire and Wirral Partnership NHS Foundation Trust, Upton Lea, Countess of Chester Health Park, Liverpool Road, Chester, CH2 1BQ.

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Os oes arnoch angen gwasanaeth cyfiethu neu gopi o'r ddogfen hon mewn ieithoedd eraill, tâp sain, Braille neu brint mawr, siaradwch ag aelod o staff CWP, e-bost [info@cwps.nhs.uk](mailto:info@cwps.nhs.uk) neu ysgrifennwch i: Communications, Cheshire and Wirral Partnership NHS Foundation Trust, Upton Lea, Countess of Chester Health Park, Liverpool Road, Chester, CH2 1BQ.

## Feedback

We welcome any suggestions you have, please send your **comments, concerns, complaints and compliments** to: Cheshire and Wirral Partnership NHS Foundation Trust, **PALS, Complaints and Incidents Team**, Trust Headquarters Redesmere, Liverpool Road, Chester, CH2 1BQ.

For more information see [www.cwp.nhs.uk](http://www.cwp.nhs.uk)

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The information in the leaflet was valid at the date of production **Oct 16** and is due for review in **Oct 18**.

Leaflet code: F-NS-12-507

## Nail surgery

### A guide for service users and their carers

**The Podiatry Administration Office, Room 65,  
1829 Building, Countess of Chester Health  
Park, Liverpool Road, Chester  
CH2 1HJ**

**Telephone 01244 385000  
Monday to Friday  
Between  
09.30 – 12.00 and 13.30 – 16.00**

## **What is nail surgery?**

It is minor surgery on toenails and the nail growing area (nail bed).

## **Why do I need nail surgery?**

When the edge of the nail digs into the skin the area becomes red, swollen and painful. This is called an ingrowing toenail and the nail edge can break the skin letting bacteria into the area causing an infection. The piece of nail that is digging in needs to be removed for the skin to heal and return to normal.

## **What are the benefits of nail surgery?**

The surgery will correct the ingrowing toenail and prevent recurrence. It is successful in 95% of people.

## **What are the risks of nail surgery?**

These depend on your general health and how you look after your toe after the surgery but delayed healing, infection and a reaction to the anaesthetic, which is very rare, can occur.

The podiatrist will fully explain the benefits and risks of surgery before hand so that you can make an informed decision about your choice of treatment.

## **Do I really need nail surgery?**

If your toenail is ingrowing it is unlikely to heal by itself. If your toenail is just thickened or deformed, nail surgery will reduce the pain and discomfort you are feeling.

## **Before the procedure**

On the day of the nail assessment you may be offered nail surgery immediately so you should wear either a shoe with the toe cut away or a toe-less sandal. This will allow room for the dressing.

We recommend you don't drive immediately after the procedure as your toe will be numb. It is a good idea to arrange for someone to collect you or book yourself a taxi.

## **The Procedure**

You will be asked to lie down throughout the procedure. The ingrowing toenail will be removed using local anaesthetic which is injected into the base of the toe. You will be awake during the procedure but will feel no pain. When the nail or the offending piece of nail is removed, the nail bed is treated with a chemical to stop it from growing back. The toe is then cleaned and a dressing put on.

## **What will my toe look like afterwards?**

If the edge of the nail is removed, the nail will look similar to how it looked before treatment but it will be narrower. During the healing process you may lose the whole nail but it will grow back. The nail may split or become ridged but this should settle and grow out in time. We cannot guarantee the cosmetic appearance of the nail after surgery. If the whole nail has been removed, the nail bed will just be a flat area of skin.

## **After the surgery**

You are advised to rest with your feet up, preferably sitting with your legs raised higher than your hips, but feel free to take occasional short walks indoors to keep your circulation going.

Do not remove your dressings. Sometimes you will see some blood through the dressing. This is quite normal; if this happens cover the dressing with another layer of gauze. It is important to keep your dressing dry.

You should avoid all sports especially swimming.

## **Will the operation hurt?**

No, the local anaesthetic we use for the operation will keep your toe numb for between 2 and 4 hours.

If you need too, take pain killers (according to the manufacturer's instructions) but avoid taking aspirin as this may cause the toe to bleed again. Keep the foot elevated whenever possible.

## **Will I have appointments after my surgery?**

In most cases yes, we will remove the large post-operative dressing, clean the toe and re-dress the wound. We will also advise you how to cleanse your toe, use salt water footbaths and re-dress your toe(s) yourself. You should continue to wear your sandals.