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<p>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 <a href="mailto:info@cwps.nhs.uk">info@cwps.nhs.uk</a> neu ysgrifennwch i: Communications, Cheshire and Wirral Partnership NHS Foundation Trust, Upton Lea, Countess of Chester Health Park, Liverpool Road, Chester, CH2 1BQ.</p>

### Feedback

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

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

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## Nail Surgery whilst pregnant or breastfeeding

### Podiatry Administration Office

Room 65 1829 Building  
Countess of Chester Health Park  
Liverpool Road  
Chester CH2 1HJ

Telephone (01244) 385000

Office Opening Hours

**Monday to Friday 09:00 – 12:30 and 13:30 – 16:00**

## What is Nail Surgery?

Nail surgery is the removal of part or the entire nail due to an ingrown toe nail or involution (curving) of the nail.

For this procedure to take place a local anaesthetic (3% Mepivacaine Hydrochloride plain) needs to be administered into both sides of the base of the toe with the nail problem.

To prevent the nail from growing back and the ingrown nail recurring, a chemical 10% Sodium Hydroxide solution is used on the nail bed.

## Local anaesthetic in pregnancy

There has been no research with regards to local anaesthesia in pregnant women. Although there is no clinical evidence that Local anaesthetics cause birth defects when used for emergency surgery in the first 12 weeks of pregnancy, it is recommended that the administration of Local anaesthetic should be avoided and conservative treatment provided instead.

If the ingrown toe nail is so severe that surgery is indicated urgently, the podiatrist should avoid administering the Local anaesthetic during the first trimester, carrying out the procedure later in the pregnancy. Alternatively, the podiatrist should refer the patient to their GP requesting an orthopaedic referral.

## Local Anaesthesia in Breast Feeding

Many drugs are excreted in breast milk but it is not known if Local anaesthetic is present in human milk. The patient is advised to contact her Midwife/Health Visitor so that alternative feeding arrangements can be made for 30 hours following the administration of the Local anaesthetic.

Unless the surgery is urgently required the patient should be advised to wait until she is no longer breast feeding.

## Sodium Hydroxide in Pregnancy and Breast Feeding

There is no clinical evidence that Sodium Hydroxide applied during nail surgery is or is not absorbed into the body beyond the tissues local to the application. It is suggested that unless surgery is urgent, the patient waits until the birth of her baby and is no longer breast feeding. If surgery is urgent then Sodium

Hydroxide must not be used and the patient must be referred to a podiatric or orthopaedic surgeon for a surgical procedure.

## Treatment options

### Pregnancy of less than 12 weeks duration

We will be unable to perform any type of surgical procedure but an appointment could be given to provide conservative treatment to provide temporary relief until later in the pregnancy.

### Pregnancy of over 12 weeks' duration and breastfeeding

We would be able to administer a local anaesthetic and remove part or the entire nail for nails which we consider to be urgent. We would not be able to provide a treatment option involving Sodium Hydroxide.

If the preferred feeding method is breast feeding it may be appropriate for the patient to consider a surgical technique with the orthopaedic department where they can offer a procedure without the need for Sodium Hydroxide.

Alternatively, the patient will need to wait until the baby is born if not breastfeeding or until breastfeeding has ended.

### Conservative treatment

Conservative treatment can sometimes provide temporary relief and can be given at more regular intervals until the patient is ready and able to undergo the full procedure.

### Pain relief

The Podiatrist is unable to give advice about pain relief during pregnancy or whilst breastfeeding and the patient should seek advice from their GP, Midwife or Health Visitor as appropriate.