

## Help us get it right

If you have a complaint, concern, comment or compliment please let us know by speaking to a member of our staff. We learn from your feedback and use the information to improve and develop our services.

If you would like to talk to someone outside the service contact the **Patient Experience Team** on **0113 220 8585**, Monday to Friday 9.30am to 4.30pm or email [lch.pet@nhs.net](mailto:lch.pet@nhs.net)

### For further information please contact:

Leeds Community Podiatry Service  
2nd Floor, Stockdale House  
Headingley Office Park  
Victoria Road  
Leeds LS6 1PF  
Tel: 0113 843 0730  
Email: [leedscommunitypodiatry@nhs.net](mailto:leedscommunitypodiatry@nhs.net)

You may also wish to visit the Society of Chiropodists and Podiatrists website on: [www.feetforlife.org](http://www.feetforlife.org)

You can check if your podiatrist is registered with the health and care professions council by telephoning **0845 300 4472** or logging on to: [www.hpc-uk.org](http://www.hpc-uk.org)

**We can make this information available in Braille, large print, audio or other languages on request. Please contact us to find out more.**

We will comply with the requirements of the Data Protection Act 1998 in collecting, storing and sharing your information. Your information will be used for your treatment and where appropriate it may be necessary to share information with other health care professionals.

[www.leedscommunityhealthcare.nhs.uk](http://www.leedscommunityhealthcare.nhs.uk)

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**Leeds Community  
Healthcare**  
NHS Trust

## Podiatry service

# Nail surgery

## Patient information booklet

### Please bring this booklet to all your appointments

Name: .....

Your nail surgery appointment is at: .....

.....

Date: ..... Time: .....

Follow up dressing appointment at: .....

.....

Date: ..... Time: .....

**Please could you arrive 10 minutes before your appointment time. (If you arrive late we may be unable to carry out the treatment)**

**Please telephone 0113 843 0730 as soon as possible if you are unable to keep this appointment.**

# Introduction

This booklet contains information on what you need to know before, during and after a nail surgery procedure.

## Before the procedure

- In advance of any surgical procedure it is important that an assessment is undertaken. You will be asked questions about your general health and foot condition. Your family doctor may be contacted to make sure you are well enough to have nail surgery.
- The Podiatrist will discuss with you treatment options which may include having a total or partial section of the nail being removed.
- On the day of surgery have your normal breakfast or lunch.
- Remove any nail varnish from the nails before you arrive.
- Wash your feet and wear clean socks or tights.
- Arrange for a taxi or a relative or friend to provide a lift home for you afterwards. You must not drive after the procedure until the effects of the anaesthetic have worn off. This may take several hours.
- Bring any tablets or medication that you normally use throughout the day e.g. inhalers.
- Bring some roomy footwear such as slippers, flip-flops or open toed sandals as you will have a dressing on your toe/s.
- We strongly recommend that a parent or legal guardian accompany any patient under the age of 18. Children under 16 **must** be accompanied by a parent or legal guardian otherwise the procedure will not be undertaken.

## During the procedure

- The procedure will take approximately one hour.
- Please inform the podiatrist of any changes in your medication or health. A procedure checklist will take place to review your health status has not changed and surgery is still required.
- A local anaesthetic is used to numb the toe. These injections are very safe but you may experience some discomfort. The local anaesthetic used is not licensed for use in podiatry on children under 14 but is licensed for use by dentists. However this anaesthetic is commonly used by podiatrists on children.
- Once the toe is numb, the podiatrist will place an elastic ring over the toe. This stops the toe bleeding during the procedure.
- The podiatrist will then remove part or all of the toenail.
- Once the nail has been removed, a chemical called phenol is rubbed into the nail bed to prevent the nail from growing back. In rare cases, phenol will not be applied and the nail will be left to grow back.
- The phenol is washed off and the elastic ring is removed.
- A sterile dressing is placed around the toe which you will need to keep on and keep dry until your first dressing appointment.

# After your procedure

## Healing times

This will vary with most toes healing between 4 – 8 weeks. However this depends on a number of factors e.g. infection, age, general health, activity levels and your compliance in following the podiatrist's instructions.

## Driving

Your toe may remain numb for several hours. **Do not drive immediately after surgery** until the effects of the anaesthetic have worn off.

## Pain relief

You must rest your foot as much as possible for the remainder of the day. You might experience some discomfort once the anaesthetic wears off. If you need to take medication to control the discomfort we advise that you take your normal painkiller e.g. paracetamol. Do not take aspirin as pain relief. However, if you take a low dose of aspirin as part of your prescribed daily medication, continue taking as indicated by your GP.

## Activities

If you have an office-based job, attend school or college you can return the following day. For other jobs where you stand or walk a lot, your podiatrist will advise. You are strongly recommended not to participate in any sporting activities until advised by your podiatrist.

## Dressings

After the surgery you are expected to keep the toe clean and covered. You might notice some discharge or spots of blood on the dressing – this is quite normal. If the initial dressing starts to come loose you can apply some more surgical tape to hold it in place.

The dressing will be changed at your first follow up appointment.

After this your podiatrist or practice nurse will arrange review appointments as required.

## Urgent attention

If you experience any unexpected pain in your toe or become concerned please contact your local clinic where you will be attending for your follow up dressings and speak with a podiatrist. If this is not possible please contact Leeds Community Podiatry Service during working hours 8.30am – 4.00pm (3.40pm on Fridays), tel: 0113 843 0730.

If you need to contact someone about your procedure out of office hours, e.g. your family doctor or minor injuries unit, please show them the following information.

The following procedure .....

.....

.....

.....

Was carried out on .....

By .....

### With a local anaesthetic:

Type ..... % plain

Amount used ..... mls

## Dressing your toe

Keep the dressing clean, dry and intact until your first dressing appointment.

- Apply the new dressing and using the technique shown by the Podiatrist
- Keep your dressing as dry as possible when bathing. It is best to change your dressing after bathing in case it has got wet.
- If your dressing gets wet it is important to change it to a new dry one. This will help reduce the risk of infection and aid the healing process.
- You will initially be required to change the dressing every 1–3 days, ask the podiatrist if you are unsure.

## Risks associated with nail surgery

### ■ Infection

Every precaution is taken during the procedure to prevent an infection. However, because we are dealing with an open wound, it is inevitable that a small number of cases may develop an infection. Keeping your dressing dry and following the advice of the podiatrist will reduce the risk of infection.

### ■ Phenol burn

Occasionally the phenol used to stop the nail regrowing can spread onto the surrounding skin. You may experience some discomfort and this may delay the healing time. Every precaution is taken to prevent this.

### ■ Excessive bleeding

There is little or no bleeding during the procedure. However, bleeding may occur afterwards. Appropriate dressings will be used to help this.

### ■ Pain following the operation

Once the local anaesthetic has worn off you may feel some pain or discomfort. Your podiatrist will advise you on how to treat this.

### ■ Numbness

In a very small number of cases the nerve may be damaged by the needle. This numbness can last up to 3–4 months.

### ■ Local anaesthetics

In rare instances the local anaesthetic is not effective and the operation will need to be rescheduled.

### ■ Allergies

If you have ever had an allergic reaction or have felt unwell following a local anaesthetic, for example after dental treatment, you may have an allergy (similar to nut allergy). If you have had this type of reaction please inform the podiatrist.

### ■ Latex allergy/sensitivity

This can cause a skin reaction or affect your breathing. Please inform the podiatrist if you have a skin sensitivity or are allergic to latex/rubber gloves.

### ■ Nail appearance

The cosmetic appearance of the nail will be permanently changed. In a small number of cases the whole or part of the nail may grow back.