

## Patient information

### Toenail Surgery

#### Podiatry Department - Therapies

An appointment has been made for you to have either all or part of your toenail removed. There may be alternative treatments or procedures available. Please ask your podiatrist to discuss these with you.

#### **What are the benefits of this procedure?**

The aim of this is to treat the nail by reducing the pain and reducing the risk of infection developing.

#### **What are the risks of having this procedure?**

Most nails do not regrow after removal, although there is a small risk that this will happen. Following surgery, there is a risk of infection if your toe is not looked after properly.

#### **What sort of anaesthetic will be given to me?**

You will be given an injection of local anaesthetic. Local anaesthetic is drug-induced numbness: it may be provided by an anaesthetist, surgeon or other healthcare professional, depending on the technique used.

Unfortunately, both local and general anaesthesia can cause side effects and complications. Side effects are common, but are usually short-lived: they include nausea, confusion and pain. Complications are very rare, but can cause lasting injury: they include awareness, paralysis and death.

The risks of anaesthesia and surgery are lower for those who are undergoing minor surgery, and who are young, fit, active and well.

For more information, please ask for a copy of the leaflet "You and Your Anaesthetic" (PIF 344).

If you are worried about any of these risks, please speak to your podiatrist before you are due to have this treatment.

- This procedure will take approximately half an hour.
- Please bring with you a pair of sandals or loose shoes, which will fit over your bandaged toe.
- Unless you have been assessed and signed your consent before this appointment, you will be asked to sign a consent form to say that you understand the procedure, and what it involves. You will be able to discuss the procedure with your podiatrist.

- Please leave cash and valuables at home. The Trust does not accept responsibility for any items not handed in for safekeeping.
- If you are on regular medication, take this as usual.

## **The procedure**

Once the anaesthetic has made your toe numb, the part of the nail causing the problem is removed and a chemical called phenol is applied to the growing area. Phenol will prevent regrowth of the nail and therefore permanently change the width of the nail.

## **Going Home**

Arrange transport home from the clinic. You must not drive home after your treatment.

Take it easy for the rest of the day. Sit with your foot up. This will reduce discomfort and risk of bleeding. You must not drink alcohol during the first 24 hours after surgery as it dilates the blood vessels making your toe more likely to bleed.

## **Pain relief and medication**

If your toe is painful, Paracetamol should control the pain. Do not take Aspirin or Disprin as these can increase bleeding.

## **Your wound**

Slight bleeding is normal after this procedure. If you think your toe is bleeding too much or are concerned, please contact the podiatrist at the number below, or your local walk-in centre.

You will be given the choice to either redress your toe yourself 'Self Dressing Advice Following Toenail Surgery' (PIF 617) or attend your local Treatment Room Services centre 'Instructions after Toenail Surgery' (PIF 616).

## **Returning to work**

Whether you need time off work will depend on the type of work you do. Your podiatrist will be able to advise you.

## **Further Appointments**

No follow-up is usually needed after this procedure. If you are worried or concerned you can contact the podiatrist on the number below or your family doctor (GP) or walk-in centre.

## Feedback

Your feedback is important to us and helps us influence care in the future.

Following your discharge from hospital or attendance at your outpatient appointment you will receive a text asking if you would recommend our service to others. Please take the time to text back, you will not be charged for the text and can opt out at any point. Your co-operation is greatly appreciated.

## Further information

**Telephone number: 0151 282 6813**

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All Trust approved information is available on request in alternative formats, including other languages, easy read, large print, audio, Braille, moon and electronically.

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