

Patient information

Instructions After Nail Surgery

Podiatry Department - Therapies

You have been advised to attend a local Treatment Room Services Centre for re-dressing in three days time.

Until then:

- Do not under any circumstances disturb the dressing.
- At home, remove shoes to relieve pressure and rest with your feet up (elevate) for the remainder of the day.
- 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.
- If your toe is painful take your usual painkiller, but not Aspirin or Disprin as these can increase bleeding.
- Keep the first dressing intact and dry until your follow up appointment.
- Physical sport and swimming should be avoided for four weeks.

Sometimes your toe may bleed afterwards through the bandage so covering with dry gauze will help. However, if it continues to bleed despite elevation then you should seek further advice.

Pain should reduce after 48 hours, but if it worsens and you are worried, please contact your family doctor (GP) or Walk in Centre immediately.

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

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Text phone number: 18001 0151 706 2760

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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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