

Nail Surgery

Nail Surgery is a simple, outpatient treatment which will solve many common nail problems, such as

- in-growing toe nails
- very curved nails
- thickened/damaged nails

It involves removal of all or part of the nail under a local anaesthetic. In most cases a chemical is applied to the nail bed to prevent the nail from growing back and possibly causing further problems.

Advantages of nail surgery

- Reduce the pain from the nail condition
- Reduce risk of repeated infections
- Return to normal activities and footwear

Problems that may occur

- the nail could re-grow (approx 4%)
- allergic reaction to the anaesthetic
- delayed healing
- infection
- pain
- bleeding
- Whilst we aim to achieve good cosmetic results, it is not always possible to predict the eventual outcome.

What Happens on the Day?

Your appointment should last no more than an hour. Please wash and dry your feet before attending.

Before the procedure:

- remove nail varnish
- eat and drink as normal
- do not drink alcohol
- take prescribed medicines as normal
- bring footwear to accommodate a dressing and in case of bleeding
- arrange transport home, do not drive as your insurance won't cover you after a local anaesthetic
- You may bring a friend but let us know if they are pregnant

The procedure:

- we will check that your medication/general health has not changed
- the local anaesthetic is injected. This will stop you feeling pain, but you will still feel touch.
- a tourniquet (rubber ring) is placed on the toe
- the nail/section of nail is removed.
- in most cases a chemical is applied to prevent the nail re-growing
- the tourniquet is removed and the toe is dressed
- you will be discharged home

After the procedure:

- rest as much as possible, with your foot/feet up for the rest of the day
- do not remove the dressing
- keep the dressing clean and dry to minimise the risk of infection
- your toe will remain numb for 2-3 hours, you can take your usual painkillers before the anaesthetic wears off to minimise any discomfort

It is normal for some blood to show through the dressing. If fresh, persistent blood appears elevate your foot. Do not remove the dressing, tape another dressing on top. If severe, contact the podiatry department, or A&E if out of working hours.

Dressing Care

At the dressing appointment, you will be shown how to redress your toe. The dressing must be kept clean and dry and the wound covered with a sterile dressing until the toe has healed. You will need non adherent sterile dressings. These can be bought from your pharmacy, supermarket or online.

You will be discharged to self care to continue to redress the toe until it has fully healed. Healing takes between 6-12 weeks.

Avoid sports and tight shoes until the toe is healed.

The nature of the procedure means the wound will be very red and weepy. This is normal and not always a sign of infection, however all open wounds are at risk of infection.

Contact your podiatry clinic if you think the wound is infected, ie your toe is excessively hot, red and swollen.

Clinic Addresses

Fartown Health Centre, Spaines Rd, Huddersfield, HD2 2QA

Batley Health Centre, Upper Commercial Street, WF17 5ED

For any enquiries about your appointment please contact:

0300 304 5555