

Depending on your medical history, you may have a series of redressing appointments which will allow the Podiatry Team to monitor your recovery. When it is safe to do so, they will discharge you.

Healing will usually take between 6 and 12 weeks, depending on your age, general health and the type of surgery you have had. You should avoid strenuous or sports activities for at least 2-3 weeks after the procedure.

Possible complications

Local anaesthetic

Complications are rare after a local anaesthetic. An example of a possible complication is an allergic reaction.

Phenol

On rare occasions, a reaction to phenol can cause pain, burning or blistering. If this happens, it usually subsides in a few days.

Infection

Occasionally, the toe may become infected, and a course of antibiotics from your GP may be needed.

Appearance

Whilst every effort will be made to provide a cosmetically acceptable outcome, the final appearance of the toe cannot be guaranteed, and there is a very small chance that the nail may regrow.

Bedfordshire adult and children's community health services are provided in partnership by East London NHS Foundation Trust (ELFT) and Cambridgeshire Community Services (CCS) NHS Trust.

Podiatry Service

Single Point of Access Contact Details:

Tel: 0345 602 4064

Email: SinglePoint.OfContact@nhs.net

Confidentiality

We will not share any information that you give us without discussing this with you first and getting your consent. The only exception to this is if we consider that your life or the wellbeing of someone else could be at risk

Compliments, Comments and Complaints

We welcome feedback about our services, so please contact the Patient Advice and Liaison Service on freephone [0800 7834839](tel:08007834839) or email: elft.palsandcomplaints@nhs.net

If you are not happy with the service and your treatment, please ask to speak to the service manager to try and resolve this. Or contact the PALS team.

If you wish to make a complaint, you can call freephone [0800 085 8354](tel:08000858354)

Or email: elft.complaints@nhs.net

Or write to:
FREEPOST RTXT-HJLG-XEBE
Complaints Department,
The Green,
1 Roger Dowley Court.
Russia Lane,
London E2 9NJ



**Bedfordshire
Community Health Services**

A Guide to Nail Surgery

What to expect Podiatry Services



[www.elft.nhs.uk/services/
bedfordshire-and-luton-podiatry-
service](http://www.elft.nhs.uk/services/bedfordshire-and-luton-podiatry-service)

You may be considering having nail surgery on your toenails. This leaflet aims to provide a basic guide to the nail surgery procedure, what will happen at the appointment and the follow-up care.

Why nail surgery?

Nail surgery is a simple outpatient treatment to solve many common nail problems, such as:

- Ingrowing toenails
- Thickened and damaged nails
- Very curved (involuting) nails.

It involves taking all or part of the nail away using a local anaesthetic to numb the toe. A chemical called phenol may be used to stop the nail from regrowing.

Who is nail surgery for?

You will have an assessment appointment with a podiatrist to determine your suitability.

We will consider:

- Your medical history and medication;
- Any allergies;
- The circulation in your feet;
- If you have had any previous problems with anaesthetics.

You will be asked to confirm your medical history and relevant details. In some cases, we may discuss your treatment with your GP before we proceed.

Your consent to treatment

Part of the assessment involves asking you to consent. If you are under 16, you must be accompanied by a parent or guardian to all appointments.

What happens on the day?

Our nail surgery service is carried out at various clinics across Bedfordshire. The appointment should last for no more than one hour.

You should have your meals as normal, as this will not interfere with the local anaesthetic. It is important that you do not have any other anaesthetic, local or general, in the 24 hours before the nail surgery. You should continue to take any medication prescribed by your GP.

You will need to have someone accompany you and arrange transport to and from your appointment. Your insurance will not cover you to drive following the anaesthetic.

On the day, we will review your medical history and relevant details to ensure it is still safe to operate.

You will need to bring:

Footwear to accommodate a large, bulky dressing - an open sandal, for example;

The procedure

A local anaesthetic is injected into your toe. It works by blocking pain, although you may still feel pressure and movement.

It takes 5 to 10 minutes for the toe to go numb. We will check that the anaesthetic has taken before we begin:

- A small rubber ring, or tourniquet, will be placed on the toe;
- The nail or part of the nail will be removed;
- The chemical, phenol, is applied if the aim is to prevent nail regrowth.
- The tourniquet is removed and a dressing is applied.

After the procedure

A redressing appointment will be made for you at one of the podiatry clinics within a week following the operation.

- You need to keep the bandage on and dry until your first redressing appointment.
- You will need to rest with the foot up for the rest of the day after the procedure. You should continue to rest as much as possible until your first redressing appointment.

Redressing the toe

At your first dressing appointment, you will be shown how to redress the toe. The toe must be kept clean, dry and covered with a sterile dressing until it has healed.