

Further information:

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 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.



Bedfordshire
Community Health Services

After your Nail Surgery Redressing Podiatry Services



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

You have had corrective nail surgery and have just had

your first redressing

- The operation has involved the application of a chemical to destroy the nail cells. For this reason, it is perfectly normal for your toes to be moist and weepy for several weeks. Small amounts of blood and discharge are normal and are an essential part of the healing process. This discharge does not mean that the wound has become infected. There may also be some swelling and redness for a while, and your toes may be sore. The areas will slowly dry up towards the base of the nail. Eventually, a scab will form, which will slowly separate and fall away.
- Do not pick at the scab.
- Do not apply any creams, disinfectants or ointments.
- If your toe becomes very painful or swollen, or if there is a smelly discharge, you MAY have an infection. In that case, please contact your local Podiatry Services Department or GP as soon as possible.
- Healing usually takes between 6 and 12 weeks, depending on your age and health.

General Advice

- The toe/s should not be too painful while healing, but if necessary, take a painkiller or your usual analgesic.
- In the unlikely event of severe pain or persistent bleeding, contact your Podiatrist or GP.
- Wear open-toe sandals or leave your shoes off when possible. Do not wear tight or pointy-toed footwear.
- Do not participate in any strenuous or sports activities for at least 2 weeks - or longer if specifically instructed by your Podiatrist. If the wound is infected or not healing well, continue to rest until it has improved.
- Between dressings, try to keep the area as dry and clean as possible. A quick shower is permissible, but soaking in a bath will make your wound very soggy. This will delay healing and increase the risk of infection.
- Leave your dressing on when having a shower, then remove the wet dressing and redress the toe after you have washed.

Redressing the Toe

Use the following method:

- Wash your hands thoroughly.
- Remove the old dressing.
- Gently wash the area with cotton wool or gauze dipped in a solution of salt water (ONE LEVEL TEASPOON TO HALF A PINT of boiled, cooled water)
- Only use each piece of cotton wool or gauze once and discard it. DO NOT DIP IT BACK INTO THE SOLUTION. DO NOT USE THE SAME PIECE FOR MORE THAN ONE TOE.
- Gently dry the toe with dry gauze or a dry paper towel.
- Apply a simple non adherent sterile dressing such as Melolin secured with surgical tape. Alternatively, you can use a dressing plaster such as Mepore. **You will need to purchase these yourself** - we are not able to supply them for you.
- Do not apply the dressing too tightly.
- Dressings should be changed every 1 to 2 days, or more often if there is heavy discharge