

The first 24 hours after nail surgery

If you have another medical or dental appointment within 24 hours of your procedure show them this form.

Your information

Name:

NHS number:

Procedure: Partial / Total Nail Avulsion with phenolisation of the nail bed.

Using **mls of 3% Mepivacaine**

Signed:

Date:

Your Next Appointment is on:

Clinic:

Time:

Guidance following surgery

- We recommend that you rest, with your foot elevated. This may reduce bleeding.
- Wear open toe sandals or slippers.
- When the anaesthetic wears off you should take paracetamol. Avoid aspirin and Ibuprofen as these may cause bleeding. If you are not sure what you are taking read the label or ask your Pharmacist.
- Do not remove your dressing even if you see some bleeding.
- You may resume driving tomorrow.
- If you require help or advice after 5pm you can contact:
 1. Your GP (depending on surgery hours) or
 2. NHS direct on 111
 3. NHS Walk-in-Centre on 0117 954 9828 / 0117 342 9692.
- If you need to see your GP or attend the NHS Walk in Centre, take this advice leaflet with you.

Service provided by

Redressing your toe

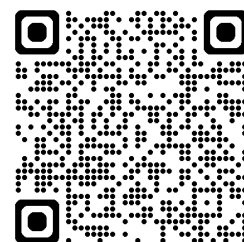
- Your toe dressing(s) should be changed as directed by your Podiatrist: daily, if possible.
- Wash your toe in warm (not hot) salty water for a maximum of five minutes easing your dressing(s) off.
- Use two tablespoons of ordinary salt to two inches of water.
*(approximately one teaspoon of salt per pint)
- Dry with a clean swab, towel or tissue.
- Always use clean scissors when cutting your dressing.
- Apply the dressing as instructed by your Podiatrist, taping it **lightly** to your toe.
- It is inadvisable to continue with swimming or contact sports whilst your toe is healing.
- Only wear footwear that **does not put pressure on your toe** during the healing period.
- In approximately two weeks your toe will start to dry and you may gradually reduce how often you redress it.
- It should be healed within four to eight weeks (in most cases) where part of the nail has been removed, and eight to 12 weeks (in most cases) where the whole nail has been removed. Dress it until the discharge has completely stopped.
- You will find **the wound will become red and produce a clear or yellowy discharge when healing**. This is normal.
- If this discharge becomes green and bad smelling or accompanied by **increasing pain and heat in your toe or foot**, please seek advice from your Podiatrist (see contact number below) or your GP (for antibiotics).

Contact us

For an additional appointment or advice please telephone Podiatry admin office on 0300 124 5855.

Please **do not** contact the health centre receptionists as they cannot book these appointments for you.

View our Podiatry Service page with the QR code:



Let us know what you think and get involved

Telephone: 0300 124 5300*

Email: sirona.hello@nhs.net

Website: [Link to Sirona website \(sirona-cic.org.uk\)](https://sirona-cic.org.uk)

*Calls from landlines are charged up to 10p per minute; calls from mobiles vary, please check with your network provider. This is not a premium-rate number.

This document can be provided in other formats and languages, please contact us for more information.

Date of creation: 03/25

Date for review: 03/27

URN: 0759

Registered Office

Sirona care & health CIC,
Badminton Rd Office, 2nd Floor,
Badminton Rd, Yate, BS37 5AF
Company Number: 07585003



[/SironaCIC](#)



[@SironaCIC](#)



[/SironaCIC](#)



[/sirona-care-&-health](#)

