

Having a Nail Surgery Procedure

Information for patients and carers

Please take some time to read this leaflet. It aims to make coming in for your surgery as comfortable and as safe as possible.

It has important information about:

- How to prepare for your treatment.
- What to expect while you are with us.
- Arranging support for yourself or childcare prior to your surgery.

Before your nail surgery

How to prepare for surgery:

- Do not drink alcohol for 24 hours before coming in for your procedure
- Do not smoke for 24 hours before surgery. If this is not possible, please smoke less.
- Remove nail varnish.
- Have a shower before you come in.
- Please arrange childcare for your children.
- Please bring a list of your current medication to your appointment.
- Take your medication as prescribed unless otherwise advised.
- Eat at your normal mealtime.

Service provided by

- Bring open toed sandals or wide, large footwear.
- If you are going to have an anaesthetic 24 hours before or after your nail surgery, you must inform your Podiatrist and Doctor/Dentist as soon as possible. One of the procedures may have to be cancelled.
- On rare occasions we may decide not to operate. This may be if the nail has improved dramatically, or if changes in your general health or medication prevent the procedure on the day.
- You should bring a cold sweet drink with you and wear layers of clothing to maintain a comfortable temperature during your appointment.

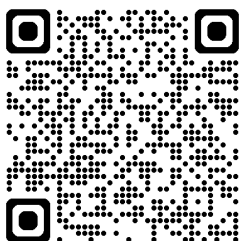
After your nail surgery

- You will be unable to drive home. Transport home via car or taxi must be arranged. We do not advise public transport (bus). You can drive the following day.
- If the toe is painful, take painkillers such as paracetamol. Avoid aspirin or Ibuprofen.
- It is recommended that you do not return to school or work on the day of your surgery. Go home and rest with your feet in an elevated position.
- Keep the initial dressing on, even if the toe bleeds, until your follow-up appointment. Your follow up appointment will be within 24 - 48 hours after your surgery.
- Do not drink alcohol for 24 hours as it dilates the blood vessels, making the toe more likely to bleed.

Contact us

Telephone: 0300 124 5855

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 \(sirona-cic.org.uk\)](http://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: 0760

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](#)

