

Day Surgery Unit

Ingrown Toe nail surgery

An ingrown toe nail causes inflammation and swelling of infected soft tissues surrounding the affected nail. The swollen tissue overlaps the edge of the nail causing the appearance of the nail having grown into the skin.

There are several procedures to help, cure or alleviate the problems caused by an ingrown toe nail. You may have one or more of the following procedures:

Wedge Excision

This can be done on one or both sides of the toe nail. Part of the affected toe nail and nail bed is removed, to prevent it growing again causing further infection.

Avulsion of Toe Nail

This is where the whole nail is surgically removed.

Phenolisation of Nail Bed

This is a process where a caustic chemical solution (usually phenol) is used to stop further re-growth of the affected nail.

Radical Excision of Ingrown Toe Nail and Nail Bed

This is where the nail is surgically removed to stop further re-growth of the whole of the nail.

Following the operation

Toe nail operations can be performed either under a general anaesthetic which means you will be asleep for the procedure or under a local anaesthetic where you will be awake. Local anaesthetic will be injected into your toe(s), making them numb. Whether you are awake or asleep for the procedure will depend on several factors such as the condition of your health, extent of treatment necessary and the preferences of you and your surgeon.

If you have a general anaesthetic once you are awake you will return to the ward where you will be checked by a nurse and encouraged to sleep the anaesthetic off. You will be kept for a minimum of 1 hour to recover from the anaesthetic.

If you have a local anaesthetic you will return to the ward where you will be checked by a nurse and will be advised to rest and to keep your foot raised for 5-10 minutes.



Patient Information

Discharge

- Before you can be discharged both the surgeon and anaesthetist must have agreed to let you home.
- A letter will be posted to your GP explaining the operation you have had and any medication you may be sent home with.
- If you require an out-patients appointment you will receive it in the post.
- If you have any concerns please ask the nursing staff.

At home

Pain relief

Whilst in theatre local anaesthetic will be injected into your wound, which should keep you pain free for four to six hours, until you reach home. You may be given some hospital painkillers to take home, if not it is advisable to take your own, over the counter pain killers such as Paracetamol based products (e.g. Paracetamol, Panadol, Paracodol etc.).

These tablets should be taken immediately you return home unless otherwise directed by the hospital. This should relieve any pain or discomfort you may suffer. Please take these tablets regularly for 3-4 days. It is advisable not to take Aspirin based pain killers as this may increase the risk of further bruising. If however, you take Aspirin as a routine medication, it is advisable to contact your GP regarding its continuation.

Always read the instructions on medicines carefully

Mobility

It may be more comfortable to avoid wearing footwear. Whilst sitting down try to keep your leg raised on a chair/couch to stop any further swelling. It may be advisable to limit the amount of walking for the first few days.

If bleeding occurs

Apply gentle pressure to your toe and elevate your foot. Keep your foot raised for 15 minutes. If bleeding does not stop after 15 minutes contact your GP.

Your wound

You may notice slight swelling and bruising. This is quite normal. If however, your toe:

- Begins to swell even more
- Becomes inflamed (red, hot to touch)
- Begins to bleed or there is a smelly discharge

Please contact your GP.

Returning to Work

It is advisable to stay off work until you have visited the Practice Nurse or had your outpatient appointment. Then return to work on the advice of your Practice Nurse or GP or Surgeon.

Driving

Do not drive until you can wear footwear comfortably again. It is advisable to consult your Practice Nurse or GP as to when you can return to driving.

Convalescence

You may feel tired following a general anaesthetic. This may last a few days. You must be prepared to recover from your operation at your own speed.

Patient Information

If you require any further information please contact the surgical day unit on 024 7696 6868 or 024 7696 4000 ext 26868

If you have any concerns following your procedure contact your own GP.

The Trust has access to interpreting and translation services. If you need this information in another language or format please contact 024 7696 6868 and we will do our best to meet your needs.

The Trust operates a smoke free policy

Document History

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