

Day Surgery Unit

Instructions following Phenolisation of the Toe Nail

Following this treatment for ingrown toenails, there is a high risk of bleeding and infection so it is therefore important that you follow these instructions carefully

Following your operation:

It will be necessary to arrange for a lift home following the procedure as it is not advisable to drive for the rest of the day

On the day

Keep your foot raised on 2-3 pillows ensuring that your foot is at a higher level than your knee.

You should only get up to go to the toilet, walking on your heel with the toe pointed upwards.

Check the dressing for signs of bleeding and if this occurs you should:

- Raise your leg as high as possible for 10 minutes.
- Call your GP or telephone the Day Surgery Unit if it does not settle.
- Your bandage may feel quite tight and uncomfortable. It has been applied tightly in order to apply pressure to your toe and therefore to help prevent bleeding. It will loosen off over the next 24 hours.

For four to five days following your operation you should stay off your foot as much as possible and keep it raised. This will reduce the possibility of swelling and therefore pain.

Rest also helps the healing process and minimises the risk of bleeding.

You will be asked to return to your GP practice nurse or to the hospital's Plaster Room on alternate days for redressing. Please keep the dressing clean and dry in between your dressing appointments.

Do not try to squeeze your foot into your footwear. If you need to wear footwear, an open toe slipper/sandal is adequate. If your foot is cold you may wish to wear a loose



Patient Information

thick sock.

Your foot may take up to three weeks to heal so you must be prepared to keep it raised for that period of time.

The surgeon will assess you one week after your operation.

You will be prescribed painkillers on discharge and you should take them regularly for the first 48 hours after your operation. If you experience any problems please do not hesitate to contact your GP or the Day Surgery Unit on Tel: 024 7696 6861

For further information contact Day Surgery Unit Tel 024 7696 6861

The Trust has access to interpreting and translation services. If you need this information in another language or format please contact 024 7696 6861 and we will do our best to meet your needs.

The Trust operates a smoke free policy

Document History

Author	Jayne Clewes
Department	Day Surgery Unit
Contact Tel No	26868
Published	May 2009
Reviewed	June 2010, July 2012, July 2014, August 2016, Sep 2018
Review	Sep 2021
Version	5.1
Reference No	HIC/LFT/853/09