

Local Analgesia Record

Patient Name DOB

Date Local Analgesia administered Time

Local analgesia

Indicate type used:

Citanest (4% plain Prilocaine)	Scandonest (3% plain Mepivacaine)
Lignocaine (2% plain)	Other – Please record details

Patients weightkg

Maximum safe dosemg (refer to chart below)

	RIGHT	LEFT
Site(s)		
LA (amount administered)		
Total mgs		

Local Analgesia	MAXIMUM SAFE DOSE			
	Total mg per 2.2ml cartridge (LA% X No of mls)	Mg/kg	Absolute ceiling mg for 70 kg adult	Max no 2.2 ml cartridges for 70 kg adult
Plain (without vasoconstrictor)				
Citanest (4%prilocaine)	88 mg	6	400	4.5
Scandonest (3% mepivacaine)	66 mg	5	350	6
Lignocaine (2%)	100mg (5ml phials)	3	200	2 (5ml phials)

Recommended Maximum safe doses for 5 year old child and adults with compromised liver or renal function.

Local Analgesia	Max no 2.2 ml cartridges for 5 year old child and compromised adults
Citanest (4% prilocaine)	1.8
Scandonest (3% mepivacaine)	2
Lignocaine (2%)	1 (5 ml phial)



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Advice for Patients Undergoing Nail Surgery

The name of the operation you have had is:

Partial / Total nail avulsion with phenolisation.

After your operation:

1. Go straight home and put your feet up for the rest of the day, with your feet higher than the level of your heart. Keep walking and standing to a minimum for the next **48 hours**.
2. Before the local analgesia wears off, take some pain killers. Take whatever you use for a headache eg. Paracetamol, but **NOT ASPIRIN**, as this may cause your toe to bleed more. Follow the dosage instructions given on the container.
3. A small amount of bleeding is normal. If blood appears on the tubegauze, DO NOT remove the dressing. Apply another dressing on top and elevate (raise up) your leg.
4. If the dressing does happen to come off, follow the instructions for 'dressing your toe', or contact your podiatrist.
5. After the first re-dressing, you may re-dress your toe daily unless advised differently by your podiatrist. If showering or bathing, always re-dress your toe afterwards.

6. Your toe will take 6-8 weeks for a partial removal or 8-12 weeks for a total nail removal to heal completely. Please note that the toe will look raw and weep considerably for the first 2-3 week and may continue weeping up to the point of healing. This yellow opaque discharge is normal and is part of the healing process.
7. If you have any concerns, please contact your podiatrist.

You will be provided with:

**Simple dressings 5cm X 5cm. Such as Melolin,
Solvaline, Skintact, Release.
Tubegauze or Tubinette size 12
Mefix tape - 5cm wide**

Please buy a new washing up bowl for bathing purposes.

Optional

Sterile saline in aerosol can e.g. Irriclens
Sterile cotton swabs

If you experience a great deal of pain or any other problem, please contact the clinic as soon as possible.

If you seek help from a doctor as a result of this procedure or for any other treatment, please carry this leaflet and show it to the medical staff if required.

Details of the local analgesia you have been given is recorded on the back of this leaflet.

Dressing your toe

(To be carried out daily after your nail operation unless advised differently by your podiatrist)

1. Loosen the dressing if it appears to be stuck:
Either a) soak the dressing during a shower or bath, (it is not advisable to use strong shower gel or bubble bath)
Or b) soak the dressing off in a clean bowl of **lukewarm** water. To avoid infection, rinse the bowl with boiling water or clean it with an antiseptic (eg Dettol) before and after bathing your toe.
Ensure you wash your hands thoroughly before you begin. Do **not** use the bowl for any other purpose
2. After soaking remove all the dressings. Then – **Either a)** Bathe your toe for 2-3 minutes in **lukewarm** water with a heaped tablespoon of ordinary salt added. **Or b)** Flush the area with **sterile saline**.
3. Wipe away any debris or discharge with lint free cotton swabs. Alternatively use clean paper tissues.
4. Allow your toe to 'dry' for 10 minutes in the air before re-dressing. Try not to use a towel or cotton wool on your toe to avoid 'fibres' aggravating the area.
5. Apply a Release dressing to your toe and secure at the back of your toe with tape, (avoid putting tape over the nail area).
6. Over this apply a double layer of Tubegauze: Measure a piece of Tubegauze three times the length of your toe. Put the first layer on, twist the end twice and apply to second layer. Secure with a piece of tape.

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