

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 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.



Advice for Patients Prior to Nail Surgery

You will be having a local anaesthetic in your toe which will be numb for several hours, therefore:-

- ❑ You will **NOT** be able to **drive** home after the operation; please arrange for someone to drive you home or be prepared to take a taxi (the clinic will telephone for you). We do not recommend that you stand waiting for a bus!
- ❑ Please ensure **all nail varnish** is removed
- ❑ Bring a 'roomy' pair of sandals, slippers or shoes, as you may have a bulky dressing put on your toe.
- ❑ If you are **under 16 years old**, you will need your parent or guardian present to sign the consent form.

Important

If you take any of the following medication, please bring them with you:

Inhalers – for asthma

Sprays or pills - for angina

If you are diabetic, please bring **Glucose tablets**

After the Operation

You will need to rest for 24-48 hours. After this time, you should be able to go back to your normal routine. However, you should avoid swimming and sports until advised otherwise by your podiatrist.

When the anaesthetic wears off, you may feel some discomfort. Take whatever you normally use for a headache eg. Paracetamol, **NOT ASPIRIN**, as this may cause your toe to bleed more.

Do not remove the dressing unless advised by your podiatrist. An appointment will be made for a post-operative check and re-dressing.

If the dressing does happen to come off, follow the instructions for 'dressing your toe' on the back of this leaflet.

After the first re-dressing, you re-dress your toe daily unless advised differently by your podiatrist. If showering or bathing, always re-dress your toe afterwards.

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 your 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.

The cost of your surgery is a package price to include:

- You nail surgery on the day,
- Your dressings,
- All follow up dressing appointments as needed.

Date of your surgery

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. Irriclen

Sterile cotton swabs

Podiatry Plus

2 Oakley Road

Corby NN17 1NA

01536 204701

www.podiatrypluscorby.co.uk