

WHAT HAPPENS AFTER THE SURGERY?

You will be able to walk after the procedure, but please **do not drive**. We advise that you have someone drive you home after the surgery.

For the first few days following the procedure, pain relief such as paracetamol may be required. **Do not take aspirin** as this may increase bleeding from the surgical site.

You will be required to see the podiatrist on a regular basis after the procedure until the surgical site has healed. Dressings should remain dry and intact until your first review with the podiatrist.

After the first review with your podiatrist, you (or your family member/friend) will be expected to change the dressings on a daily basis. Your podiatrist will give you dressing supplies and instructions.

POTENTIAL COMPLICATIONS

Post-operative infection: The risk of infection is reduced with good post-operative care.

Signs of infection include: **fever, increasing redness & swelling, increasing exudate** or the presence of **pus & increasing pain**. An infection can be treated with antibiotics. If signs of infection develop, please contact podiatry, your doctor or present to the SWHC emergency department.

Nail re-growth: There is a small chance that part of the nail may grow again after the surgery. If the nail re-growth continues to cause discomfort or pain, further nail surgery may be required to remove it.

**For further information
or to enquire about an
appointment, please contact:**

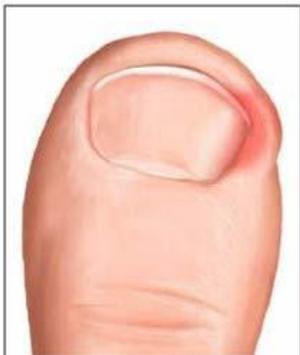
ACCESS AND INFORMATION
Warrnambool Community Health
Koroit Street
WARRNAMBOOL, 3280
Ph. (03) 5563 4000



NAIL SURGERY

Nail avulsion surgery is a procedure performed by podiatrists to treat an ingrown toe nail or a thickened toe nail that is causing pain or discomfort.

Nail surgery may be required when a toenail repeatedly gets infected or ingrown, is continually painful or if the nail is thickened due to trauma or a fungal infection.



Before surgery is considered your podiatrist will explore other conservative treatment options.

PRE-SURGICAL ASSESSMENT

Your podiatrist will conduct a thorough assessment to determine if nail surgery is safe and suitable for you. This assessment will include documenting your medical history, any medications you are taking and an assessment of blood flow to your feet and your ability to heal. Your podiatrist may communicate with your doctor in regards to your suitability for nail surgery.

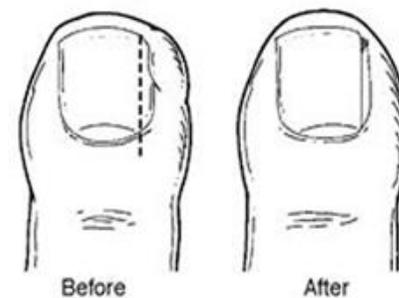
PODIATRY NAIL SURGERY

Nail surgery is performed by the podiatrist in the podiatry rooms under local anaesthetic (injected into the toe). While you will remain awake during the procedure, you do not have to watch and will be given the option to lie down during the procedure.

WHAT DOES NAIL SURGERY INVOLVE?

A local anaesthetic will be injected into both sides of the toe to numb the toe. After the anaesthetic is injected, the toe is tested to ensure no pain is felt. During the procedure you will be able to feel pressure and touch but no pain.

Once numb, a tight elastic ring called a tourniquet is applied to the toe to control bleeding. The offending portion of the nail is then lifted, cut and removed. A chemical called Phenol is then applied to the base of the nail to prevent the nail from re-growing.



Once the procedure is completed, the tourniquet is removed and a sterile dressing is applied.