

# PROCEDURE INFORMATION

## INGROWN TOENAIL REMOVAL

Your doctor has requested you book in for an Ingrown toenail removal.

### How does it work?

This is a minor nail surgery that permanently removes a section of nail plate. Basic steps to this procedure are:

- Local anaesthetic is administered to numb the toe for a pain free procedure.
- In a sterile environment, the offending section of nail is removed, and the nail matrix/bed is prevented from regrowing using a chemical technique called phenolisation.
- A thick absorbent aseptic dressing is applied, and the anaesthetic will be effective for just long enough for you to get home comfortably and settled.
- No sutures (stitches) are required.
- You will be required to return for a couple of dressing changes and a final check, normally at 24 hours post-op and then approximately one week.
- Healing time is rapid, with full recovery usually within 3-6 weeks. Closed footwear should be avoided on the day of the surgery. Most people can return to work the following day.
- In most cases we will only need to remove one edge of the nail. Once the toe is healed the toenail simply looks slightly narrower, and it can be difficult to tell there has been any surgery.

### What is the cost?

As well as your consultation fee there will be a procedural cost payable on the day.

### Before the procedure.

Before your procedure, the doctor will discuss:

- the type of procedure.
- any viable alternative options for treatment.
- your current medications and surgical risk (patients continue any blood-thinners).

- The procedure and aftercare in detail.

Please consider when you are making your procedure appointment, you may wish to avoid scheduling around important events (vacations, golf tournaments, skiing, etc.)

### **The Day of the procedure and Aftercare.**

You should expect to relax the rest of the day keeping your foot elevated.

You will be given specific wound care instructions.

If it should bleed through the dressing, do not remove the dressing but apply a firm extra dressing on top. If you have any concerns, please call the clinic, and speak to the practice nurse.

### **Relief of pain**

The local anaesthetic that you have will wear off in 1-2 hours. You may need to take some simple pain relief, e.g., Paracetamol as directed by the manufacturer's packet. Aspirin should be avoided as it increases the risk of post-operative bleeding.

### **Bathing**

Bathing should be avoided for the first 24 hours. If the dressing becomes wet, please call the clinic, and speak to the practice nurse. A wet dressing increases the risk of infection.

### **Complications**

The signs of infection can be any of the following:

- Increasing pain at the site
- Swelling
- Redness
- A pus-like discharge

If you are concerned about any of the above, call the practice and speak to the practice nurse. She can assess your concerns and organise an appointment with the doctor if needed.

Please note, removing one ingrown toenail does not necessarily prevent a person from developing future ingrown toenails.