

# Patient information

## Toenail Surgery

### Martin Corke Day Surgery Unit

#### Toenail surgery

The surgery that has been planned for you is:

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- Wedge section** is where a piece of nail and tissue is removed. A stitch may be used to bring the edges of the skin together, where the piece of nail was removed.
- Abalation** of nail bed with *phenol*. This is similar to a wedge section but phenol, a disinfectant, is applied into the space where the nail was removed to promote healing.
- Zadeks** procedure may be a combination of both of the above. The toenail is completely or partially removed and phenol may be applied. A stitch is often placed in each corner of the old toenail bed.

#### Post-operative discharge advice

Your stitches .....

The operation site needs to be kept clean and dry. Please leave your dressings intact and follow the instructions written below.

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When can you bath/shower?

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You may experience some moderate pain. This can be relieved by taking painkillers. It is advisable to have a supply of paracetamol and ibuprofen at home.

After toenail surgery there is a tendency for bleeding to occur. If this should happen to your toe when at home, apply moderate pressure to your toe and raise your foot up on a pillow. If the bleeding does not stop within ½ - 1 hour, contact your GP.

Some swelling is to be expected in your toe and foot. When resting raise your foot up on a pillow or stool to help reduce this swelling.

At assessment you will have been advised to wear a large slipper or open toe sandal, these can now be worn and will help to relieve pressure on your toes when walking.

Special instructions.....

Outpatient appointment.....  
This will be sent to you.

Return to driving.....

Return to work.....

### **Contact your GP or GP out-of-hours service if:**

- you experience excessive bleeding.
- you experience severe pain.
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- your wound becomes red, hot and swollen as this may indicate an infection.

If you require any further advice, please contact the Martin Corke Day Surgery Unit on 01284 713959 between 7.45am and 8.00pm, Monday to Friday.

Outside of these hours please contact the orthopaedic ward F4 on 01284 713290 and speak to the nurse in charge. Please have your hospital number on the discharge letter available.

or

NHS 111

*If you would like any information regarding access to the West Suffolk Hospital and its facilities, please visit the website for AccessAble (formerly DisabledGo)*

<https://www.accessable.co.uk>

