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To find out more about accessible formats contact:

fife-UHB.EqualityandHumanRights@nhs.net or phone 01592 729130

Further patient information leaflets are available online on our website www.nhsfife.org/

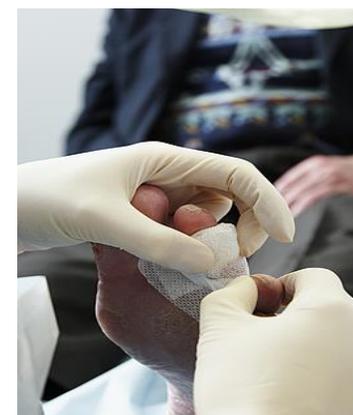
Fife Council and NHS Fife are supporting the people of Fife together through Fife's Health and Social Care Partnership.

www.fifehealthandsocialcare.org



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PODIATRY DEPARTMENT



NAIL SURGERY DRESSINGS

Your Podiatrist has recently shown you how to dress your toe(s)

It is very important that you follow your Podiatrist's advice.

This leaflet is designed to remind you of the instructions already given by your Podiatrist.

Should you have any problems or concerns please do not hesitate to contact your Podiatrist.

Podiatrist's name

Telephone number

You will need the following:

- Sterile dressings
- Tubegauze bandage (if not using an adhesive dressing)
- Tape

1. Keep dressing on in bath or shower
2. Wash yourself as normal
3. Dry yourself and remove the soaked dressing and discard in the bin
4. Allow area to dry naturally.
5. Prepare a clean area for changing your dressings and collect all necessary items
6. Wash hands
7. Apply clean sterile dressing ensuring that the shiny side is in contact with the toe. Only touch the dressing when ready to apply to the toe.
8. Apply the bandage and secure with tape. Do not allow the tape to cover the nail bed area.
9. Wash hands

Dressings should be changed every _____ day(s)