

POINTS TO NOTE

- Phenol cannot be used if you are pregnant or you are breastfeeding. Nail surgery needs to be postponed until after your baby is born and lactation is complete.
- You cannot drive in the 24 hours after you have been given the injection of anaesthesia. You will have reduced sensation in your feet so please arrange transport home.
- Your toe will be numb for a few hours afterwards the nail surgery. If you experience any pain as the anaesthesia wears off you may take pain relief (please ensure this does not contain aspirin).
- It is possible that some nail regrowth may occur. If this causes you any problems the procedure can be repeated.

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NHS Fife SMS text service number 07805800005 is available for people who have a hearing or speech impairment.

To find out more about accessible formats contact:

fife-UHB.EqualityandHumanRights@nhs.net
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Further patient information leaflets are available online on our website www.nhsfife.org/

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PODIATRY DEPARTMENT



NAIL SURGERY

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Nail surgery is offered as a solution to many nail problems:

- infected, ingrowing toenails
- involuted nails, nails that are extra curly at the edges
- painful, thickened nails

If you require nail surgery your local NHS podiatrist will first assess your suitability by completing an assessment form.

If nail surgery is deemed appropriate, a nail surgery appointment will be arranged as well as a follow-up dressing appointment.

NAIL SURGERY

Nail surgery is a minor procedure. It is minimally invasive and is undertaken by a registered podiatrist.

Nail surgery is carried out on adults and children after all other forms of treatment to fix a nail problem have been unsuccessful.

Nail surgery is also an option if your nail is repeatedly infected.

PROCEDURE

- Before nail surgery is performed your health assessment will be reviewed.
- A local anaesthetic is administered into your toe. As with all injections this can cause some discomfort. Once the toe is numb you should still feel touch and pressure but no pain.
- The toenail will not be removed until you feel no pain and the podiatrist will ensure this has been achieved before removal.
- Once the nail, or part of it, has been removed a chemical called Phenol is applied. This prevents the nail growing back. Phenol is a caustic which kills the cells the nails needs in order to grow.
- The length of your appointment varies depending on whether you have more than one toenail removed.
- Removal of the nail itself does not take long and is the quickest part of the treatment.
- The longest part of the treatment can be waiting for the anaesthetic to take effect. Your toe can numb slowly if you have an infection in this area or if your feet are very cold.

TIME OFF WORK

If you are employed; it will usually only be one day you need to take off work to have nail surgery. Usual footwear can normally be worn the day after; as long as there is no pressure on your toe as it starts to heal.

WHAT TO EXPECT AFTERWARDS

Your toe should fully heal 6-12 weeks after your nail surgery. However, healing time can vary depending on:

- age
- general health
- the procedure you had carried out (for example half a nail, one full nail or more than one nail).

Longer healing times can be due to various factors, including infection, trauma and patients who are immunosuppressed.

Your toe will look worse before it gets better. As it starts to heal it can look as if you have an infection, however this is the Phenol (chemical mentioned earlier) working. There is no need to obtain antibiotics unless there are other signs of infection such as, inflammation, severe pain, heat and odour.

Providing you are as careful as possible; normal activities can be resumed as soon as your toe has healed.