

Advice for patients after removal of ingrowing toenail

Day Surgery Unit Patient Information Leaflet

Introduction

This leaflet is for patients who have had an ingrowing toenail removed. It gives advice on what you should do when you get home, and contact information for if you have any problems relating to your procedure.

Advice

1. You will need to arrange for a responsible, able-bodied adult to collect you from hospital. If they cannot drive you home, you will need to make your own taxi arrangements. It is not a good idea for you to travel on public transport.
2. On the day of your procedure, you should keep your leg raised on a chair. This will help to relieve discomfort and prevent bleeding. Do not walk or stand too much.
3. You will have a dressing over your toe which will be rather bulky and may have some blood-staining on it. You should keep this dressing clean and dry.
4. If you have any bleeding, do not worry. Sit down and raise your leg on a chair. Apply gentle pressure around the toe for five minutes until the bleeding stops. Do not take the dressing off. If the bleeding does not stop after five minutes, please contact one of the helpline numbers for advice.
5. The area will remain numb from the local anaesthetic for about two to three hours. After this, take painkillers such as paracetamol (always read the label; do not exceed the recommended dose). Try to avoid aspirin. You may experience pain for about three to five days after the procedure.
6. Even though your toe will be painful, you should make sure you walk correctly from the day after your operation. We will give you advice about this. Wear comfortable, light socks and footwear such as slippers or sandals. **Avoid tight-fitting footwear.**

7. The nail bed on your toe will look unhealthy and untidy at first. Do not worry about this. It will look OK when it heals.
8. If you have any stitches, you will either be given an appointment for removal of these at the hospital or asked to visit your GP.

If you need a sick note, please ask the nurse who books you in for the procedure.

Helpline numbers

If you have any questions, or if there is anything you do not understand about this leaflet, please speak to a member of staff or contact:

Russells Hall Hospital Day Surgery Unit on
01384 456111 ext. 1886 or 1882 (7.00am to 9pm, Monday to Friday)

or

Pre-operative Assessment Unit on
01384 456111 ext. 1849 (7am to 7.30pm, Monday to Friday)

Out of these hours, urgent queries: contact Surgical Assessment Unit on 01384 456111 ext. 3359.

Russells Hall Hospital switchboard number: 01384 456111

This leaflet can be downloaded or printed from:

<http://dgft.nhs.uk/services-and-wards/general-surgery/>

If you have any feedback on this patient information leaflet, please email dgft.patient.information@nhs.net

This leaflet can be made available in large print, audio version and in other languages, please call 0800 073 0510.

للحصول على هذه النشرة بحجم أكبر، وعلى شكل إصدار صوتي و بلغات أخرى، الرجاء الاتصال بالرقم 08000730510.

此宣传单可提供大字版本、音频版本和其它语言版本，请拨打电话：0800 073 0510。

Ulotka dostępna jest również w dużym druku, wersji audio lub w innym języku. W tym celu zadzwoń pod numer 0800 073 0510.

ਇਹ ਪਰਚਾ ਵੱਡੇ ਅੱਖਰਾਂ, ਬੋਲ ਕੇ ਰੀਕਾਰਡ ਕੀਤਾ ਹੋਇਆ ਅਤੇ ਦੂਸਰੀਆਂ ਭਾਸ਼ਾਵਾਂ ਵਿਚ ਵੀ ਪ੍ਰਾਪਤ ਹੋ ਸਕਦਾ ਹੈ, 0800 073 0510 ਤੇ ਫੋਨ ਕਰੋ ਜੀ।

Aceasta broșura poate fi pusă la dispoziție tipărită cu caractere mari, versiune audio sau în alte limbi, pentru acest lucru va rugăm sunați la 0800 073 0510.

یہ کتابچہ آپ کو بڑے حروف کی لکھائی، سمعی صورت اور دیگر زبانوں میں مہیا کیا جا سکتا ہے۔ برائے مہربانی فون نمبر 08000730510 پر رابطہ کریں۔