Re-dressing your toes – this needs to be done every day
Make sure you have the following:-
- Clean bowl
- Warm water
- Tablespoon salt
- Sterile non-adherent dressing (Melolin, Release or similar)
- Tubigauze (optional)
- Surgical tape (micropore etc)
Unfortunately we are unable to supply any of these items; you will need to purchase these yourselves.

What to do:-
- Half fill the bowl with water and add the salt.
- Remove the adhesive tape from the old dressing and any parts that come off easily. The rest will soak off in the water.
- Immerse the foot in the water for 5 minutes.
- Take your foot out of the water and dry it, avoiding the affected toe.
- Allow the toe to air dry for 2-3 minutes.
- Cover the toe with the sterile dressing.
- If you have to dress another toe on the other foot use fresh water and salt.
The toe will continue to discharge for up to 12 weeks; this can be a pale to straw coloured discharge and should be nothing to worry about.

You should receive regular dressing appointments until the Podiatrist is happy that your toe is healing.

If your preferred language is not English, or for those who are blind or partially sighted, we can make arrangements to help you with this leaflet. Please contact the Head of Quality and Risk on 01377 208802

Nëse dëshironi ndihmë me këtë dokument, ju lutemi telefononi 01430 457351
如果您能對此文件提供幫助，請致電：01430 457352。
Eğer bu döküman ile ilgili olarak yardım istiyorsanız, lütfen 01430 457353 numaralı telefonu arayınız.
Why do I need nail surgery?

Ingrown toenails are often caused by injury or poor nail cutting. They are often associated with increased curvature (involution) of the nail, which causes the nail edges to press into the flesh more easily. This may cause pain and infection.

What’s involved?

A local anaesthetic is given by means of two injections to the affected toe. The anaesthetic lasts a couple of hours and should totally block all pain sensation during the operation.

Removal of the whole toenail or removal of the nail edge causing the problem should cure the problem. Your Podiatrist will discuss the best operation for you. The nail bed will be destroyed using Phenol. This should prevent the nail from re-growing.

Prior to surgery

On the day of your surgery you can eat and drink normally as the local anaesthetic has no effect on your digestive system.

Please ensure your feet are clean and remove all traces of nail varnish from your toes.

You will be asked to sign a consent form, if you are under 16 your parent will need to sign for you.

Bring with you open toed shoes or sandals to allow room for the dressing which can be quite bulky.

It will be necessary to arrange a lift home following your surgery and it is not advisable to drive for the rest of the day as the pressure may cause bleeding.

Driving after a local anaesthetic in the toe may invalidate your insurance, if you do wish to drive please first check with your insurance company that you will be covered.

Post operative advice

Directly following the surgery it is important to get home and rest. To reduce discomfort you should keep your leg raised for the first few hours, this helps the blood to clot and promotes healing, take easy for the rest of the day.

Should you experience discomfort you can take your usual headache tablet as directed on the packet, avoid taking anything containing aspirin. It is important to keep the dressing dry until your next appointment. If the toe bleeds through the initial dressing put an extra dressing on top but do not disturb the original one.

Avoid any activities that may injure the toes, such as swimming or sports until advised by your Podiatrist. Excess pressure on the toe will delay healing. Alcohol should be avoided for 24 hours.

You will be asked to start changing your dressings after three days, please follow the advice on the back page of this leaflet.

If you experience any excessive bleeding or pain please contact either the Podiatry department, your GP or your local Minor Injury Unit. Please take this leaflet with you.

PROCEDURE: ANAESTHETIC: CAUTERISING DRUG: DATE:

If you have any problems please contact

Local Clinic Tel No - ______________________
Victoria House - 01482 336666
PALS - 01377 208823