

## Nail Surgery for ingrown toenails

Ingrown toenails are initially treated conservatively (by cutting back the nail). However, if they persist, or become infected, **the best solution is removal of part (or sometimes all) of the nail.**

Courses of antibiotics often do not solve ingrown toenails, as there may be a spike of nail digging in, which needs to be removed before the toe can heal.

The operation itself only takes a few minutes. Two injections are given to numb the toe, before the offending part of nail is removed. The nail bed is often treated with phenol to prevent regrowth of the problem area. Patients' usually need to wear a dressing on their toes for approximately 2 weeks following surgery. **All follow-up appointments and dressings are provided free of charge.**

**The great advantage of getting nail surgery done privately is that it can be done quickly and at a time that suits you,** meaning less time off school or work, and also quicker return to sporting activity.

### Things to think about.....

Has the toe been getting worse? Putting off getting the operation done won't help! It is actually less painful getting it done, than putting up with a throbbing toe.

- Are you able to take a day off work / take it easy the following day?  
The more you rest at the start, the quicker it will heal.
- Do you have someone to drive you home? (advisable)
- Are you flying or going on holiday in the next few weeks? If so, discuss this with the Podiatrist as it can affect the procedure carried out.
- If you have any allergies or are on aspirin, please let your Podiatrist know beforehand.

## **Nail surgery: on the day of the operation**

**If you do not like injections**, you can buy EMLA cream and an occlusive dressing from the chemist. Put the cream on the two injection sites an hour before the operation (at the base of the toe, not on the nail itself; cover with an occlusive dressing or cling film. This means the injection will not be as sore. Once the injection has been done, you will feel no pain in the toe!

**Bring a flip flop / sandal or slipper** with you for after the operation.

**Bring a magazine, phone or hand- held game** to distract yourself (particularly good for teenagers!). Once the injection is done, we wait about 10 minutes until the toe is frozen before we do anything.

**Relax!** It's only a small thing and it will give you lasting relief.

Any questions? Please call Matt on 07789 844778.