

Before you have your nail surgery operation.....(form P2A)

PLEASE READ THIS VERY CAREFULLY

The Procedure

This will involve resection of the ingrown side of the nail and the infected and inflamed tissue. At the same time the nail-producing tissue is removed causing the nail to be permanently narrowed so that the problem will not return. You will have 3 or 4 stitches in the toe and follow-up appointments will be necessary at one, two and sometimes 4 or 6 weeks. The stitches are left in for two weeks. This procedure (insurance code S6400) takes about 10 minutes and is highly successful. A review of 170 cases revealed no recurrence of the ingrown nail, with one patient suffering a small inclusion nail-cyst, and one patient developing a rare complex pain syndrome. Post-operative infections are quite common because the surgery is not considered "clean" surgery and there is often a small infection present at the time of the operation. The other alternative procedure is a nail ablation with chemical cautery. Although this is a non-invasive procedure, it leaves an open wound which can take six weeks or more to heal, requiring daily dressings for this period. The end result is much the same, but with the resection procedure the wound is closed and dry in two weeks. Further information on anaesthesia can be found on www.unconsciousness.net.

Anaesthetic:

Whether you are having a local anaesthetic; general anaesthetic (GA) or i.v. sedation for your procedure, this means that you must make sure no food is consumed within 6 hours of your operation. In real terms please ensure that you have had breakfast before 8-00am. After this *clear fluids only*, such as water, black coffee or tea without milk are permitted up to 2 hours before your operation time.

Medication:

It is important that you continue to take any medication that you would normally take, such as blood pressure tablets etc. If you are on medication for **Asthma** or **Angina** (e.g. Ventolin or Becotide inhalers, Nitrolingual spray) you should bring them with you when you attend the clinic.

Going Home:

Although not absolutely essential, it is preferable to arrange for someone you know to escort you home from the clinic. You will not be able to drive yourself and we **strongly advise against** public transport (it is an offence to drive with an anaesthetised foot).

Clothing & Dressings:

You will be asked to change into a gown. After surgery you will have a large dressing that will not fit into a normal shoe. **You should not wear tight clothing as you may not be able to pull them over the large dressing following the procedure.** We will provide you with a special surgical shoe to wear. Please bring a flat-heeled shoe or trainer for the other foot. Please wash your foot thoroughly before arriving at the clinic and, where appropriate, remove any nail varnish. Leave the post-operative dressing on for 3 days following the surgery, after which time you can remove it and bathe the toe in salt-water. After that you can put a light, sterile dressing over the toe such as melolin or mepore, which can be obtained at a chemist.

You must also remove all items of jewellery, including body piercing as cautery equipment used in surgery could otherwise cause skin burns.

Work:

24 hours of *relative* rest is advised, following the procedure. Some patients do return to work the next day and some prefer to take the day off. This really depends on the level of discomfort you will feel. We advise taking pain killers for a couple of days and also you will be given antibiotics to reduce the risk of post-operative infection.