



## INGROWN TOE NAIL SURGERY

Ingrown toenails occur when one or both sides of the nail grow over the edges of the nail or when the nail itself grows over the skin. During the procedure, the surgeon cuts out a lengthwise wedge of the affected nail(s) or may remove the entire nail.

Local anaesthesia is used to provide the freezing (so you won't feel anything). The procedure takes approximately 15 minutes.

### Risks or Complications

Toenail surgery is commonly performed and generally safe. However, there are possible risks and complications with any procedure. Possible risks and complications are infection, excessive bleeding, delayed healing or an unexpected reaction to local anaesthesia. There is also a risk of reoccurrence.

### After the Procedure

After the procedure, the toe is covered with a dressing and a bandage applied to provide gentle pressure on the wound to prevent any bleeding.

The freezing will start to wear off in 1-2 hours. Once the freezing wears off, you may need to take something for pain. Your toe will be tender for a few days while the healing is taking place. Be extra careful not to bump or knock the area.

You should rest (quiet activity) the remainder of the day with your foot elevated as much as possible. Try to limit the amount of walking for the first few days. Keep your foot elevated as much as possible in the first 24-48 hours. Gradually resume your normal activities as tolerated.

### After the Procedure

You may find it difficult to walk until the dressing is removed. Wear soft shoes or open-toed sandals until your toe is fully healed.

Remove the dressing 48 hours after the procedure. If it is difficult to remove, soak your foot in warm (not hot) water for 15 minutes before trying to remove the dressing. If it is pulled off without soaking the dressing first, it could cause your toe to start bleeding. If bleeding occurs, elevate foot and apply gentle firm pressure until the bleeding stops.

Soak your foot in warm water (not hot) with a tablespoon of Epsom salt, 3 times per day for 15 minutes each time until healing is complete. Pat your foot dry. Do not rub the operated area.

Elevate your foot on a pillow or stool. This will help with any swelling and promote comfort.

You should not drive until you are confident that you could perform an emergency stop without discomfort.

Return to work as advised by your surgeon.

#### **Call your doctor if you experience:**

- Increased redness and/or swelling
- Increased pain not relieved by the prescribed pain medication
- Fever and/or chills.
- Foul smelling drainage
- Increased bleeding

## Special Instructions

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