

Our highly skilled podiatrists

are registered with the Health Care Professionals Council (HCPC) and members of the College of Podiatrists. The practice is accredited by the College of Podiatrists (CoP).

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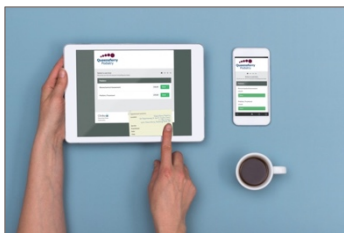
Angela Miller
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Online booking on our Facebook page or website:

www.queensferrypodiatry.com



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Professional and caring podiatrists

Nail Surgery



Guidance for patients

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What is nail surgery?

If a nail problem (e.g. ingrowing toenail) is severe or does not resolve with conservative treatment your podiatrist will normally recommend nail surgery. When you attend for your initial consultation, all options will be discussed with you in order to decide if surgery is right for you.

What are the potential complications?

As with any surgical procedure there is some risk of complication, however this procedure is known to be very safe and effective. The most common side effects are post-operative infection and the possibility of regrowth of the nail (5% of cases). The risks of infection can be minimised through good post-operative care. A chemical flare can cause your toe to look extremely red and rosy for a few weeks, this is not serious and will settle down as the toe heals. There is the possibility of prolonged numbness or tingling in the toe caused by nerve irritation from the injection. This is rare but can last several weeks before resolving. In extremely rare cases, local anaesthetics can cause an allergic reaction with rashes, swelling or very low blood pressure.

Why have nail surgery?

There are many nail conditions that may be suitable for nail surgery. The most common reason for nail surgery is an ingrowing toenail. This occurs when the nail pierces the flesh of the toe. It can be extremely painful in more severe cases it can cause pus to form and bleeding to occur. Permanent removal of the entire nail (total) or a section (partial) will often cure the problem.

What happens before your surgery?

Your Podiatrist will talk you through the procedure. Please feel free to ask any questions you may have.

Before any procedure takes place, you will be asked to sign a nail surgery consent form. This confirms that you have been informed about risks, benefits and possible alternatives to the nail surgery and you have given your permission for the treatment to go ahead.

If you think you may require nail surgery due to a persistent nail problem, make an appointment with our Podiatrist who will be able to answer any questions that you may have.

This simple procedure produces a good cosmetic effect. Healing can take between 4-8 weeks, if you follow the advice given to you. Re-dressings at home and a few consultations with your podiatrist will be required following the procedure.

The Procedure

A local anaesthetic is injected into the toe to stop you feeling pain. A tourniquet is then put onto the toe to reduce bleeding. The piece of nail causing the problem is then removed, and phenol (a strong chemical) is applied to stop the nail from growing back. The tourniquet is taken off and a sterile dressing is put on to cover the toe. During the procedure, which lasts about an hour, two podiatrists will be present, and you are welcome to have someone with you.

What happens after the procedure?

You will be given advice about how to look after your toe and a follow-up appointment will be booked before you leave. You must not drive after you have had the surgery. It is advisable that arrangements are made for someone to drive you home. You should not travel home by public transport to avoid injury.

For the first few days after the procedure pain relief, the use of open-toed shoes and activity modification may be necessary, however interference with day-to-day activities is generally minimum.