

What to expect

Day Surgery procedure.

Anaesthetic:

A combination of an ankle block and general anaesthetic is used for the surgery.

Can I walk?

You may walk on your foot immediately after the surgery but you must rest and elevate your foot (23 3/4 hours a day) for 3-5 days after the procedure.

Can I shower?

You may shower but keep your dressing dry & intact.

How long does the postoperative sandal stay on?

The sandal stays on for at least 3-5 days. After this you can convert to a comfortable shoe that does not rub on your toe.

Your first post operative appointment:

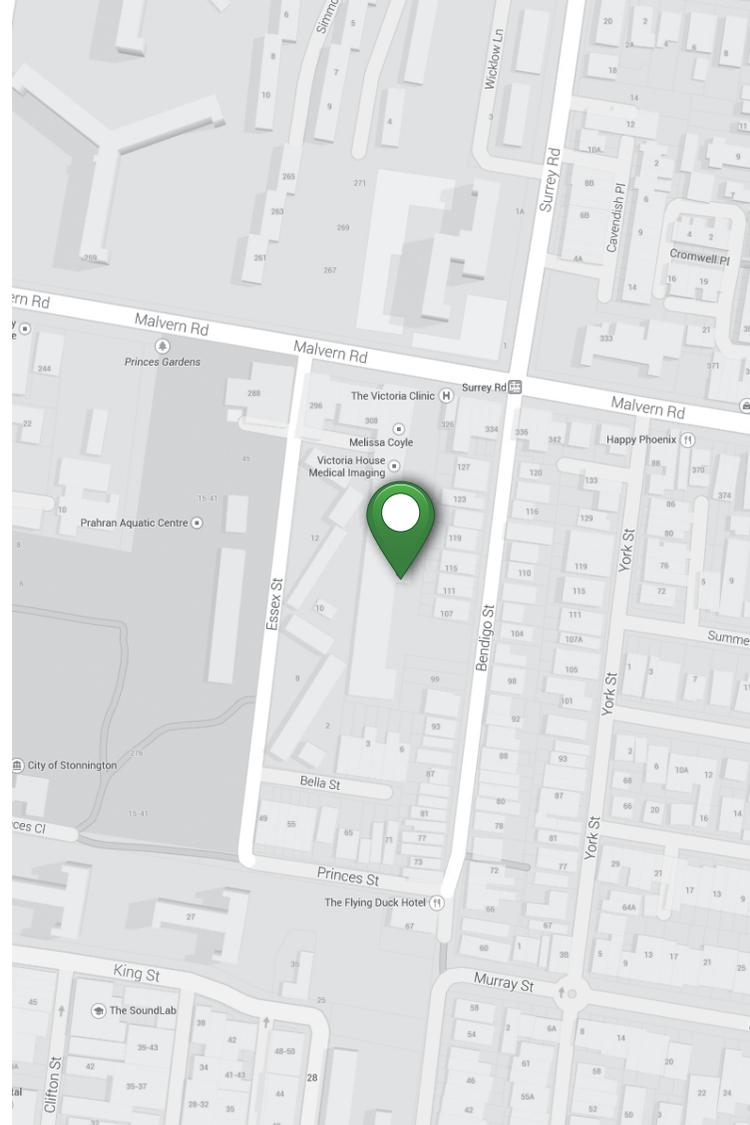
This will occur 3-5 days after your procedure. At this time your dressings are removed and wounds assessed.

When can I resume normal activities?

After the first week a slow increase in activity is encouraged. It will take 3-6 weeks to feel the benefits of the surgery.

When can I return to work?

You will need at least 3 days off.



Ingrown Toenails



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What causes ingrown toenails?

Ill fitting shoes and improper nail trimming are two of the most common causes of an ingrown toenail.

Other causes include; fungal infection, or nail injury. Swelling, pain redness and sometimes infection are symptoms of an ingrown toenail.

Conservative treatment includes regular podiatry and comfortable spacious shoes.

Surgery

There are a number of surgical procedures to cure an ingrown toenail.

A nail ablation is where the nail growing into the skin is cut away. This procedure is non permanent as the germinal matrix of the nail is not affected.

A nail avulsion (removal of entire nail) is used in extreme cases.

The most reliable procedure involves removing a wedge of nail and destroying the germinal matrix. This will then inhibit the cells from growing a new nail. This results in a permanently narrower nail.

It is also prudent to exclude a subungual exostosis.

Post operative care

Three days after the procedure you will be reviewed.

Simple wound care is then undertaken until the sutures drop out. (Usually 1-3 weeks post operatively).

Wound care

- Remove all dressings
- Get foot wet in shower
- After shower soak foot in salt water (5-10 minutes)
- Cover sutures with betadine
- Cover toe with primapore dressing
- Repeat three times a day until review appointment