

In a small number of cases sections of nail can regrow. However, these rarely cause pain and can be easily treated. Your podiatrist will discuss this with you, if you have any questions.

What do I do if my toe becomes painful?

If your toe becomes very painful, and the pain is not improved with your painkillers, or if your toe becomes cold or discoloured, you should contact your local podiatry department.

Phone Number:

Outwith office hours, you should contact NHS 24.

Your first dressing appointment is:

Date:

Time:

Clinic:

Phone number:

**NHS Greater Glasgow & Clyde
Podiatry Services**

**Information for Patients about
Nail Surgery After Care**

Publication Date
Date of Review
Available in other formats

What happens after surgery?

You have had a local anaesthetic to numb your toe. This numbs your toe for up to 2 hours. If you have pain or discomfort after the anaesthetic wears off take your usual painkillers and follow the instructions on the packet.

How will I protect my toe?

After your surgery a padded dressing will be applied to protect your toe.

Will I be seen again?

Not unless there is a clinically valid reason for another appointment. In most cases the toe heals normally by dressing at home.

How will I look after my toe?

You will need to change your dressing everyday until the toe heals.

To change your dressing, you will need:

- a clean, dry towel or paper towel
- a sterile dressing e.g. A plaster

Have your bath or shower as usual with the old dressing in place. Then remove the dressing and gently wash your toe with warm water

When drying your toe afterwards, you should dry the surrounding area of the wound.

Avoid getting fibres from the towel into the wound.

Apply a fresh, clean plaster to the wound.

What should I expect to see?

For most of the healing time you will notice fluid coming from the nail bed, you may also see a yellowish film covering the wound. This is a normal reaction to the chemical used. Your toe will begin to dry up over the next 8-10 weeks. When the wound has healed a new, slightly toughened area of skin will appear below.