

Any other questions?

If you have any other questions please ask the podiatrist when you attend for your appointment. If you need advice before this please contact the Podiatry Office.

Cancellations

If you are unable to keep an appointment please try and give 48 hours notice, in order that someone else can be given your appointment.

**AHP Outpatients Services – Podiatry
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We are happy to consider requests for this publication in other languages or formats such as large print.

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If you can't go let us know!

Every month around 2,000 people across Forth Valley fail to turn up for hospital appointments. This costs the NHS millions of pounds each year and increases waiting times.

So if you are unable to attend, or no longer require your hospital appointment, please let us know so we can offer it to someone else.

SMOKING IS NOT PERMITTED ON NHS FORTH VALLEY PREMISES

This includes corridors, doorways, car parks & any of our grounds. If you do smoke on NHS premises you may be liable to prosecution and a fine.

NHS Forth Valley Administration Offices
Westburn Avenue, Falkirk, FK1 5SU
www.nhsforthvalley.com



Nail Surgery Information Leaflet

Please read this leaflet for information concerning:

- Instructions before surgery
- General advice and common enquiries

About Nail Surgery

In certain circumstances some toenails may need to be removed. Podiatrists have developed highly successful techniques to treat all types of painful nail conditions, from nails that are infected, to abnormally shaped nails. The success rate of the operation is 94%. We describe a procedure as unsuccessful, when the whole or part of the nail regrows.

Will I need to take time of work after the operation?

This will depend on the type of work you do and the shoes that you have to wear. If you have to wear steel toe capped boots, you may not be able to wear them for a couple of weeks, as the dressing put on your toe may have to be quite bulky. We would advise everyone not to return to work on the day of the procedure.

What do I need to take to this appointment?

Please bring open toed sandals or shoes with you, as you may have a bulky dressing/s put on your toe/s. Please bring a list of any tablets that you take. If you have inhalers for asthma or a spray for angina please bring these with you.

Please note that you do not need to fast for this surgery.

How will the toenail be removed?

There are 3 stages to the operation: You will be given 2 injections of local analgesic, which will make your toe numb. Once the toe is numb, the podiatrist will then either remove part or the entire nail and will use a chemical or electrocautery to destroy the nail bed. This normally ensures that the nail will not grow again.

A dressing will then be applied to the toe, and you will be able to walk normally.

Your appointment will last between 45 – 60 minutes.

We would advise you not to drive for 2 hours after the surgery, and therefore suggest that you arrange transport home prior to the nail surgery appointment.

Will it be painful?

Some people find the local analgesic slightly uncomfortable. Your toe will be numb during the operation so you will not feel any pain. The analgesic will take a couple of hours to wear off, and a recent survey we have undertaken found that 50% of people had discomfort when this happened. Normal doses of your usual painkiller are generally sufficient to reduce the discomfort e.g. Paracetamol. If the toe becomes extremely painful and simple painkillers do not reduce the pain, please contact your Podiatry Clinic.