

Please remember that your toe/s may take up to 12 weeks to completely heal.

Your dressing Appointment

An appointment has been arranged for you on:

- 1).....
-
- 2).....
-

At.....Health Centre
If this appointment is no longer suitable please telephone the Podiatry Office **01259 290512** to rearrange.

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
Top Floor
Clackmannanshire Community Health Care Centre
Hall Park
Sauchie
FK10 3JQ TEL: 01259 290512

We are happy to consider requests for this publication in other languages or formats such as large print or Braille.

Contact **01324 590886**,
text **07990 690605**,
fax **01324 590867**
or email nhsfv-alternativeformats@nhs.net

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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 Dressing Leaflet



Procedure Note

You have undergone the following procedure:

PARTIAL/TOTAL Nail

Avulsion WITH/WITHOUT chemical ablation of the nail matrix under local analgesia.

The type and volume of analgesic used was as follows:

RIGHT FOOT.....mls of 3%

Mepivacaine Hydrochloride Plain

LEFT FOOT.....mls of 3% Mepivacaine

Hydrochloride Plain

Looking After your toes

You will have a bulky dressing on your toe/s, **it is important that you do not remove this dressing, and you keep it dry until your first dressing appointment.** If you have slight bleeding coming through the dressing do not worry, this is quite normal. At your first dressing appointment a much thinner dressing will be applied. The Podiatrist will show you how to redress your toe/s and will give you dressings so that you can change the dressing yourself. You should change the dressing every 2 – 3 days.

If you change the dressing more frequently, it can delay the healing time.

Please note that you may experience pain from your toe/s whilst they are healing.

Change your dressing

- Wash your hands before removing the dressing. The dressing may be soaked under a warm shower; this will ease removal of the dressing.
- If there is any dried blood or other discharge on the wound this may be gently washed off under a warm shower. Do not use any soap or shower gel, just warm water.
- Wash your hands again, then dry carefully around the wound – do not dry the wound itself, leave it moist.
- Apply the dressing, as the Podiatrist has shown you.
- Repeat every 2–3 days, only change in-between if discharge leaks through the dressing.

- Do not use any antiseptic creams or lotions on your wound.
- Please keep pets in another room whilst changing your dressing.

At your first dressing appointment your wound will look clean, and the nail bed will be red in colour. Due to the action of the chemical used on your nail bed, your wound will discharge fluid until it has completely healed.

Your toe may be slightly inflamed but if it becomes very hot, and starts to throb, this may indicate you have an infection. If this happens, please contact your podiatry clinic for an appointment. The wound will change in appearance over the coming weeks and it will have a yellow coloured film over it. Your wound often looks worse as it begins to heal than it does in the first week, do not worry this is completely normal.

Like any wound, as your toe heals it will develop a 'scab', which will eventually fall off. This is more noticeable if you have had the whole nail removed.