

Care of a Child following Toenail Surgery – advice for Parents/Carers/Guardians

This leaflet provides information to help you look after your child or the child in your care following an operation to remove their toenail.

Your child will be discharged from hospital when medical and nursing staff are satisfied that she or he has recovered sufficiently from the anaesthetic.

When you get home, your child may still be sleepy and should be given the chance to rest quietly. It is important that your child does not do anything strenuous on the day of the operation, such as riding a bicycle.

Eating and drinking

Your child may eat a light diet on the day of the operation with nothing too greasy and no fizzy drinks.

Foot/wound care

- Keep the foot up and supported when you get home.
- Use loose fitting shoes or slippers.
- Leave the dressing undisturbed and dry.

Your child may experience some tingling, numbness, bruising and soreness around the operation site. This is normal but if there is any increase in discharge, bleeding, pain, redness or inflammation or if you are concerned, please contact the appropriate person, below:

- If your child has stitches which need to be removed, this can usually be done approximately one week after surgery by the Paediatric Community Nurse at home or by your GP or Practice Nurse.
- If your child has dissolvable stitches then these do not need to be removed as they will dissolve naturally. Medical and nursing staff will tell you if stitches need to be removed or are dissolvable.

Pain

It is advisable to give children's paracetamol, such as Calpol®, or/and ibuprofen appropriate to the age of your child. This may need to be repeated regularly according to manufacturer's instructions until pain free. This may take a few days. The hospital may supply you with other pain killers if your child needs them. A local anaesthetic block may be used to numb the area of the operation – this will be explained by the anaesthetist.

Exercise/activity

Avoid strenuous activity until the foot has healed and there is no pain.

Further information

Conquest Hospital - Kipling Ward
Eastbourne DGH - Friston SSPAU

Tel: (01424) 758039
Tel: (01323) 414946

Paediatric Community Nurses - Conquest: Tel: (01424) 758054
- Eastbourne: Tel: (01323) 417400 Ext: 3849

Own GP or Practice Nurse.

If unable to contact any of the above phone NHS 111.

Important information

The information in this leaflet is for guidance purposes only and is not provided to replace professional clinical advice from a qualified practitioner.

Your comments

We are always interested to hear your views about our leaflets. If you have any comments, please contact the Patient Experience Team – Tel: (01323) 417400 Ext: 5860 or by email at: esh-tr.patientexperience@nhs.net

Hand hygiene

The Trust is committed to maintaining a clean, safe environment. Hand hygiene is very important in controlling infection. Alcohol gel is widely available at the patient bedside for staff use and at the entrance of each clinical area for visitors to clean their hands before and after entering.

Other formats

If you require any of the Trust leaflets in alternative formats, such as large print or alternative languages, please contact the Equality and Human Rights Department.
Tel: 01424 755255 Ext: 2620

After reading this information are there any questions you would like to ask? Please list below and ask your nurse or doctor.

Reference

Your Child's Anaesthetic - Royal College of Anaesthetists and Association of Paediatric Anaesthetists.

The following clinicians have been consulted and agreed this patient information:
Elizabeth Vaughan, Ward Manager, Friston. Mr George Khoury, Consultant Surgeon.

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Responsible clinician: Caroline Stephenson, Practice Educator.

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