

# Patient information

## Toenail Surgery – Post Operative Advice

### After the procedure

It is advisable to go straight home and rest with your feet up for the remainder of the day. This will help reduce the amount of post-operative bleeding, make the toe(s) more comfortable and help improve healing. Walking or standing should be kept to a minimum the following day. Please keep the dressing on and dry for the advised amount of time.

### After the procedure you may experience:

- Discomfort in the toe(s) once the anaesthetic has worn off (approx. 1 to 2 hours after your procedure). If this happens, we advise you take paracetamol (not exceeding the stated dose). Avoid drugs which contain aspirin as it can cause the wound to bleed.
- Bleeding or discharge through the dressing: If this happens do not take the large post-operative dressing off, instead cover it with the extra dressings as supplied by the podiatrist after your procedure.

### If you experience anything unusual, such as:

- Persistent coldness of the affected area
- Undue or excessive pain in the affected area
- Discolouration of the affected area
- Excessive bleeding
- Any other problems, concerns or questions relating to the operation; please telephone the clinic for further advice.

**Telephone: 0300 131 4536 available Mon to Fri, 8.30am - 4.30pm**

If you have concerns outside of the Podiatry Dept. clinic hours, please contact your GP surgery or telephone the NHS Advice Service on tel. no. 111. Keep this piece of paper handy as it has useful information on it which you might be asked by a healthcare professional.

<p>Patient's name _____</p> <p>Local anaesthetic used: _____ mg of 3% Mepivacaine plain.</p> <p>Procedure carried out: _Partial / Total nail avulsion of _____          _____ with / without matrix phenolisation</p> <p>Date _____ Signed _____ Podiatrist</p>
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## Sources of information

- Podiatry central booking office, Tel. 0300 131 4536 available Mon to Fri 8.30am to 4.30pm or Email: [esh-tr.podiatryenquiries@nhs.net](mailto:esh-tr.podiatryenquiries@nhs.net)
- Podiatry page on Trust's website [www.esht.nhs.uk/service/podiatry](http://www.esht.nhs.uk/service/podiatry)
- Royal College of Podiatry website <https://rcpod.org.uk>

## Important information

This patient information 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 on 0300 131 4784 or [esh-tr.patientexperience@nhs.net](mailto:esh-tr.patientexperience@nhs.net).

## Hand hygiene

We are 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 our leaflets in alternative formats, such as large print or alternative languages, please contact the Equality and Human Rights Department on 0300 131 4434 or [esh-tr.AccessibleInformation@nhs.net](mailto:esh-tr.AccessibleInformation@nhs.net)**

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

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## Reference

The following clinicians have been consulted and agreed this patient information:  
East Sussex Healthcare NHS Trust podiatrists and foot care assistants:

The Clinical Specialty/Unit that have agreed this patient information leaflet:  
Podiatry Team, Community Health and Integrated Care

Next review date: November 2025  
Responsible clinician/author: Jeffrey Wells, Lead Podiatrist for Minor Surgery.

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