

# Nail surgery dressing



## Information for patients

Podiatry Services





# Please follow the advice given to you by the podiatrist.

## Dressing pack

Within the dressing pack you have been given, you will find:

- This 'Nail surgery dressing' leaflet
- Non-adhesive sterile dressings (Meloline / melolite)
- Tubular bandage (Tubiton / tubigauze)
- Adhesive tape (Mefix / hypafix)

**Only use** the dressings that you have been issued with or advised to use by your podiatrist.

## How should I look after my toe following surgery?

- Rest your foot / feet as much as possible and where possible elevate your feet.
- Leave the first dressing on for **two days** and keep clean and dry.
- It is not uncommon for the toe to bleed. A few spots of blood on the dressing are okay. If there is a large spot, such as the size of a 10p piece, place a fresh sterile dressing over the existing dressing. Do not disturb the initial dressing.
- Whilst generally there is little or no pain once the anaesthetic wears off, occasionally the site of the surgery / injections can be painful. If your normal painkillers, such as Paracetamol, are not working, take some stronger tablets such as Co-codamol (but do not take these at the same time as Paracetamol).

## How do I change the dressing?

Leave the first dressing on for **two** days following the surgery, then the dressings should be changed on a daily basis, as below, until fully healed. Please keep your dressing dry in between dressing changes.

- Get everything ready before you start. You will need a small clean bowl of cooled boiled water with a handful of table salt.
- Work in a clean area and ensure any items such as scissors are as sterile or as clean as possible.
- Have a quick bath or shower (a shower is preferable) with the dressings left on. This prevents dirt and soap from washing into the wound and helps when removing the dressing.
- If having a bath, sit with your foot over the side or on an upturned bowl and place the foot into the water just before getting out, to quickly wash it.
- With your warm salty water ready, gently remove the dressing. It may stick a little but the water from the bath or shower will help release it.
- Quickly placing your foot in the salt water, for no longer than 5 seconds, wash around the toe and give the foot a swish around in the water to help dislodge any debris.
- **DO NOT** attempt to scrub the wound or remove any pieces yourself. **DO NOT** soak the foot. **NB: We advise to keep the foot wet for as little time as possible as soaking the foot will encourage infection and increase the healing time.**

- Having washed the toe/s, air dry for no longer than 5 minutes, or pat the area/s dry with a sterile dressing and discard it, before applying a clean sterile dressing as shown by the podiatrist.
- A small strip of the adhesive tape can be used to 'tack' the dressing to the bottom of the toe. Do not be tempted to wrap the toe in tape as this may restrict circulation.
- Cut the tubular bandage to about 2½ times the length of the toe and using your index and fore fingers, pull it over the dressing followed by a full twist to seal the end of the toe before pulling it back over the dressing.
- If the end of the toe is not sealed dirt may enter the wound and delay healing.
- Use a small piece of the adhesive tape to hold the dressing in place.

Do not be tempted to sit with the dressing off, or walk about without a dressing on as dirt, dust, animal hairs etc, will get into the wound and cause healing problems such as infection.

After the first dressing change two days after surgery, the dressings should be changed on a daily basis, as above, until fully healed.

## Is there anything I should look out for?

For the first couple of weeks the toe may look angry and swollen, be slightly painful / uncomfortable and be discharging watery / bloody fluid. This is normal.

The toe can also look dry and dark in colour as people will have different reactions to the procedure and the chemical used.

Increased pain, swelling and redness, usually accompanied by thick and smelly discharge, may indicate an infection is present and you will need to contact your Podiatrist or GP for some antibiotics. **This is unusual within the first week unless an infection was present at the time of the surgery.**

If a large amount of discharge is coming through the dressing (strikethrough) just apply another sterile dressing, as with the advice for bleeding following surgery. The more the toe is disturbed in the early stages, the more chance you have of causing an infection.

If there is swelling and redness within the first week due to a chemical reaction, taking antihistamines (if appropriate) may help.

Some blistering may also occur which may cause discomfort. Do not be tempted to 'lance' these but wait until you can see the podiatrist.

## Who should I contact if I have any concerns?

If you have any concerns or questions following your surgery, please call the Podiatry Head Office on:

- **0114 307 8200**

Leave a message and the podiatrist will return your call as soon as possible.

If you are feeling unwell please contact your GP or contact 111 if it's outside their working hours.





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