

## Nail Surgery

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### Information and what to expect from your appointment

#### What is nail surgery?

Nail surgery is the removal of all or part of the toenail. A local anaesthetic is used so that you will feel no pain during the procedure. After the removal of the nail, a chemical may be applied to the exposed nail bed to prevent regrowth by destroying the nail cells.

#### Pre-Screening Process

Before an appointment is arranged to undertake nail surgery, your toe requires a screening to assess whether the procedure is appropriate

- Your contact details will be given to the Podiatrist providing the service and they will email you regarding the procedure.
- A brief history of your presenting problem and a clear photo of your problematic toe will need to be sent to the Podiatrist by email.
- The Podiatrist will liaise with you regarding the appropriate step/s to resolve your problem.
- If nail surgery is considered necessary, the reception team will contact you to organise a suitable appointment time for the procedure.
- Sometimes a pre-screening appointment is deemed necessary by the patient or podiatrist before the procedure. If this is the case and surgery is then recommended a total of two chargeable appointments will be incurred. Depending on your insurance policy, these may be covered by your private medical insurance. You should check your individual policy with your insurance company prior to any appointments.

#### The Procedure

Nail surgery is performed to either permanently or temporarily remove an offending nail/nail edge that is causing pain. The procedure is performed under a local anaesthetic, and with the use of a tourniquet around the base of the toe to control bleeding. In most cases a small section of the nail from the offending edge is excised from the base of the nail. Sometimes the whole nail may need to be

removed. There is a small wound site left from where the nail was removed from its base.

The toe will be dressed with a simple non adherent dressing and you will be informed about how to look after the toe over the next few days in terms of cleaning and dressing the toe

### The Risks

Nail procedures are relatively simple and generally heal within 4-6 weeks. However, as with any surgical procedure, there are some risks:

- Post-operative infection
- Unwanted regrowth of the nail (5% occurrence)
- Reactions to anaesthetics and/or cauterising chemical
- Delayed Healing

The Podiatrist can discuss any of these with you in more depth before the procedure if you have any concerns.

### Prior to Surgery

If you are planning to make a claim using your private medical insurance, you will need to obtain authorisation prior to making the appointment for the surgery. Try to keep the toe clean and covered to decrease the chances of infection developing. Bring along a pair of open toe shoes, such as sandals or flip flops to be worn home.

### After Surgery

It takes approximately 2 hours for the anaesthetic to begin to wear off. If you are driving a car home you may not be covered by motor vehicle insurance in the event of an accident. Taking public transport, a taxi or having someone drive you home are preferred.

Whilst you should be able to walk comfortably after the procedure it is important that you try and avoid long durations of standing or walking for the rest of the day following the procedure.

Advice on post-operative care will be given at the time of the procedure and your Podiatrist will liaise with you via email following the procedure. It is important to keep the wound site clean and monitor for signs of infection (which was also explained to you). The dressing applied following the procedure is to be kept clean and dry for two days after surgery. It is then removed and the toe can be cleaned and a fresh dressing can be applied. This will all be discussed with you before you leave on the day of your surgery. Please refer to the post-operative care sheet for further information for your after care.

You will be advised to send a picture of the wound site to your podiatrist via email at 2 and 4 weeks after the surgery to ensure things are progressing as they should be.

### Urgent / Emergency Review

There is generally no need to have a review appointment after the surgery. The post-operative healing process is usually straight forward.

A review may be needed to re-assess the appearance and cleanliness of the wound site if you have any concerns. The wound will have a pink / red appearance which is normal, but you must get in touch with your Podiatrist if you are concerned there may be an infection, the signs of which are:

- Increasing pain, swelling and redness
- Yellow discharge
- Offensive odour

If you have any concerns, please contact our administration team to arrange a review appointment at [reception.kensington@puresportsmed.com](mailto:reception.kensington@puresportsmed.com) or call 020 3595 1231.

<b>Service</b>	<b>Price</b>	<b>Insurance Coverage</b>
Pre-Screening Appointment	£ 75	Not generally covered
Nail Surgery Procedure	£ 300	Patient to check