

Birmingham Foot Clinic Advice Guide Nail Subungual - Excision Surgery

Toenail



Mild ingrowing nail

Severe ingrowing nail

Involuted nail (mild)

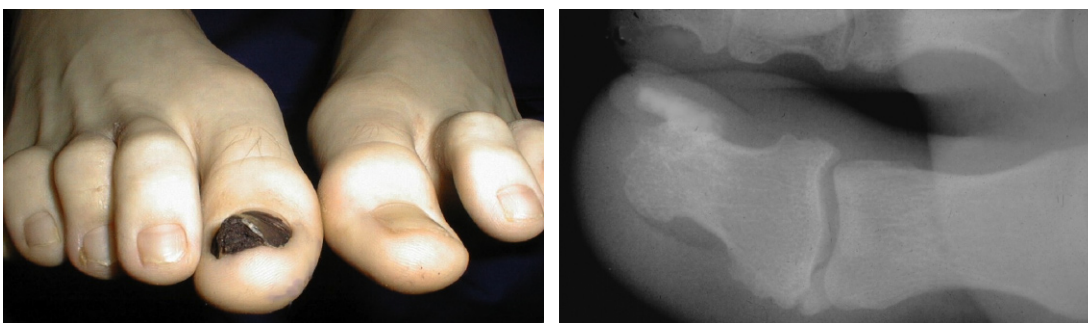
Involuted nail (mild)

Nail Edge Removed
and Sutured

Ingrown toenails are often caused by injury or poor nail cutting. They are often associated with increased cross sectional curvature (involution) of the nail plate, which causes the nail edges to press into the flesh more easily.

Very often the edge of the nail can be removed and prevented from regrowing by excising the section of tissue containing the nail matrix.

Subungual Exostosis



Subungual Exostosis

Showing Exostosis

These are growths of bone (or cartilage) under the nail. The nail is pushed up over the exostosis and the only cure is to remove the exostosis.

If the problem is dealt with before the nail becomes too deformed, the nail may grow back normally.

If the nail has become permanently deformed, the nail (or the problem section) needs to be removed permanently.

Problems / Risks Associated with Incisional Nail Surgery

- Thickened scar and/ or tender scar - may reduce over 12 months
- Areas of numbness - may reduce over 12 months
- Infection (sudden increase in pain and swelling at 2 to 3 days after surgery - or later)
- Recurrence

On the day of surgery

On the day of surgery you may eat and drink as normal unless you are being sedated or having a general anaesthetic (follow anaesthetic advice sheet). It is essential that you are accompanied and have made arrangements for transport home, this should not be public transport. Following the surgery, for a typical period of 2 - 4 weeks, you will not be able to drive, as your insurance will be invalid.

Nail surgery is usually carried out under a local anaesthetic. With a local anaesthetic you will not be asleep, however you will feel no pain during the operation due to the pain blocking properties of the local anaesthetic given.

Discomfort will only be experienced when the local anaesthetic injections are given, which feel the same as most other injections you may have received in the past. A good comparison is a dental anaesthetic for a filling.

Operation usually lasts about 20 - 45 minutes in total. You can bring a book or a music cassette or CD if you wish, to help you relax and feel comfortable during the procedure.

Problems

Following the advice given to you will greatly reduce the risk of a problem. If you are however concerned about anything before or after your surgery you can speak to a member of the team directly on Tel:07970 740 522. If your call is an emergency and you are unable to get through, you may also contact your GP who will be aware of the surgery you will have had.

Self care

After the operation you should sit with your leg raised and knee slightly bent for at least 8 hours. If the toe is painful you may use pain relieving tablets (analgesics) as prescribed or advised.

It also helps during the first 8 hours to place a bag of frozen peas, rapped in a towel across you ankle for 10 minutes per hour. Walking in the first 48 hours should be limited to essentials only e.g. going to bed or the toilet, and for the first week should be limited to indoors only.

Stitches are usually removed at 2 to 3 weeks after the operation. From this point you can wear normal footwear, however it is strongly advised that you wear a training shoe or similar for 2 months after the operation to help in the healing process.

You may experience swelling and unusually sensations in the foot for some period (up to 6 months) following the surgery, however this will gradually subside.

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