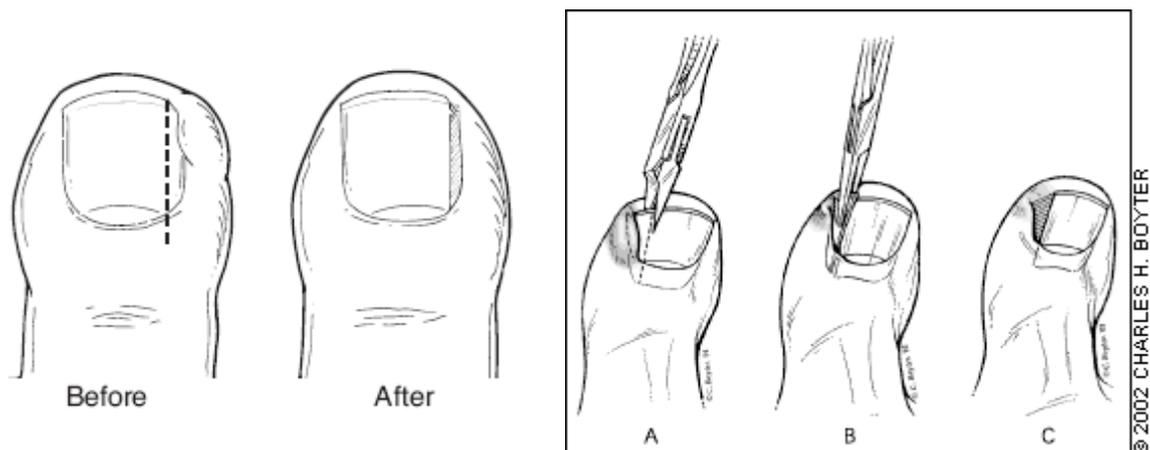


Ingrown Toenail post-operative care

An ingrown toenail occurs when the top corner or side of your toenail grows into the flesh next to it causing inflammation and infection. It happens most commonly on your big toe.

Ingrown toenail surgery is generally safe and effective. If you have a partial toenail removal, your nail may grow back in approximately three to four months. If you had your toenail totally removed, regrowth can take up to a year. The nail that grows back will be thinner than it was before. There's also a good chance that it won't grow back and your toenail bed will heal fine without it.



Activity

Gentle walking as tolerated

Elevate your leg/s as much as possible in the first 24 hours after your procedure to reduce swelling and pain

Avoid running, jumping and strenuous activity for 2 weeks

Pain

Healing pain can last for about one to two weeks, however this is individual and varies from patient to patient.

For pain relief take regular Paracetamol (Panadol, Panamax) for the first few days, switching to Panadeine or Panadeine Forte for increased levels of pain, especially if throbbing. You may be sent home with Palexia (Tapentadol) slow release (SR) or immediate release (IR) or Endone. Please take these as prescribed and be aware that they may constipate you (including the codeine in Panadeine and Panadeine Forte). These drugs can also make you drowsy. Please do not drive if you are taking the stronger pain medication. Non-steroidal anti-inflammatory drugs (Ibuprofen (Nurofen), Mobic) can also be taken with Panadol if the discomfort is still troublesome.

If you need ongoing strong pain relief and your supply from hospital has run out, please call our rooms between 9am-5pm Monday to Friday and discuss this with the practice nurse or surgeon. Prescriptions can only be provided if the surgeon is available.

Wounds

You will have a compression dressing in place, which needs to be removed after 48 hours. It is easier soaking this dressing off either in the shower or with some luke warm water.

After this you can expose your wound to the shower from day 2

Please use a hairdryer to dry the wound

Apply a fresh loose dressing daily after the shower for the first 2 weeks for comfort

You may be asked to apply chlorsig or Lamisil ointment to the whole nail bed

Wear open and/or loose fitting shoes for first 2 weeks, avoid tight fitting shoes

Your wounds may take up to 4 weeks to heal

The dissolvable sutures will start to fall out from 2 weeks

Can start to soak foot in warm salty water after the 2 weeks to keep wound clean and encourage the sutures to dissolve

Problems

Please contact us immediately or present to your GP if you experience:

Pain that is not relieved by pain relief medications provided

Chills and persistent fevers > 38C

Bleeding that will not stop

Increasing redness or warmth around your wound or any discharge from your incision

Itchiness, signs of a reaction to medication

If you think that there may be something wrong or you are worried, please do not hesitate to call

If serious, and/or after hours, please present to your nearest emergency department

Follow up appointment

Our clinic nurse will see you at approximately two weeks after surgery unless otherwise specified.

Please contact the office on 9997 7346 to make this appointment.

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