



Dressing advice following nail surgery

How you should be involved in decisions
about your healthcare and treatment.



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Who is this leaflet for?

This leaflet is for patients who have received toenail surgery.

What is this leaflet about?

This leaflet will provide you with the required information to help you dress your surgical wounds and make you aware of any complications which may arise.

How should I dress my toe?

Following surgery, blood may seep through the dressing, do not remove the dressing. Instead apply gauze over the surgical dressing until changed the next day. Keep the foot dry until the dressing changed in 24 hours. The following steps should be undertaken daily to support wound healing.

Step 1

Half fill a clean basin with previously boiled water that you've allowed to cool until tepid. Add 3 tablespoons of table salt to the water to dissolve.



Step 2

Carefully remove the old dressing. It may need to be soaked off with some salted water.



Step 3

Place your foot in the water for 2 minutes, then dry the foot thoroughly with a clean towel, avoiding the healing areas on the toe(s).



Step 4

Apply the antiseptic IF advised by your podiatrist and place a new piece of dressing over the wound. Secure with Comfinette® and hold in place with adhesive tape.

Step 5

Make sure the tape is not placed directly over the wound area.



Step 6


Undertake the procedure every day until healed.



Step 7

Please ensure any footwear you wear has enough room for your dressings. It is not advisable to wear sandals or flip flops. Trainers or closed in shoes are best. Please ensure you do not have another local anaesthetic within 24 hours.

If there is further issues as noted below, please contact your Pharmacist or GP. For patients requesting support in Aberdeenshire, please contact your local podiatrist.

-  • Extreme pain.
- Any acute redness, swelling or throbbing of the toe(s).
- Any pus discharging from the area.



Further Information:

Lined area for writing further information.

Useful Information for patients:

- **NHS 24 - Phone: 111**
- **rcpod.org.uk**
- **www.nhsinform.scot**
- **www.nhs.uk**





For further information and advice please contact:

For Aberdeen City:

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Aberdeen Health Village
50 Frederick Street
Aberdeen, AB24 5HY
Tel: 0345 099 0200

For Aberdeenshire:

Podiatry Department
Staff Home
Upperboat Road
Inverurie Hospital
Inverurie, AB51 3UL
Tel : 01467 672770

For Moray:

Podiatry Department
The Glassgreen Centre
2 Thornhill Drive
Elgin, IV30 6GQ
Tel: 01343 553077