

# PREPARE FOR YOUR NAIL SURGERY WITH PRIDE

Your quick guide to help you prepare for your upcoming surgery. What to expect, what to bring, and post-surgery reminders.

If you have any questions, feel free to contact us and we'll gladly help you out.

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# PARTIAL NAIL AVULSION

Partial Nail Avulsions sound scarier than they are...

Essentially they are the way in which we give you the best chance at getting rid of those painful ingrown toenails forever. It is a very simple procedure that will take no more than 60 minutes to complete in the clinic by your friendly and experienced podiatrist.

Many patients would have already undergone similar temporary procedures whereby the ingrowing portion of the nail had been removed. A nail avulsion just takes this correction a little further down to the nail bed to prevent future growth of this area; all performed under local anaesthetic.

Knowing what to expect is a key component in keeping this minor procedure in perspective.

## What results can I expect?

No more ingrown toenails at the surgical site. Ingrown toenails arise from abnormal growth from a portion of the nail matrix. By removing this small portion of the nail bed, we can facilitate normal growth of the nail.

Your nail will be a little skinnier than before. Generally this is not noticeable, but please discuss the expected cosmetic appearance of the surgery with your podiatrist if this is of concern.

## What should I bring?

We want this experience to be as relaxed as possible. Please bring along anything that will help you to feel comfortable and calm for the procedure. This may be headphones to zone out to your favourite tunes or a tablet to catch up on your favourite series.

Wearing something loose with a jacket or jumper that can be taken off is also a good idea.

Once we are done, your toe will need to be wrapped in a dressing, so this may be the only time that your podiatrist actually recommends that you wear thongs!

## Getting home

Due to the local anaesthetic administered as part of the procedure, we recommend that you have someone drive you home following your appointment.

## Pain management

The local anaesthetic will last approximately 4 – 6 hours

following your procedure. As it begins to wear off, you will likely feel some tingling or slight pain in the toe. Taking some paracetamol as directed on the box at this point will be enough to manage this and ensure you get a good night's sleep.

## Getting back to work?

You will be able to return to work the very next day. This, however, depends on the flexibility around footwear within your workplace. The initial dressing applied at the appointment will need to be left in place for 2 days. It is quite bulky and unable to fit into most tight-fitting shoes. Checking with your workplace as to the flexibility in regards to this may be beneficial.

## Dressings

The initial dressing applied following your procedure will help balance moisture and keep the bugs out, giving you the best chance at a speedy recovery. It is quite bulky so footwear has to be a consideration for a few days. This dressing is left on for 2 days and must be kept dry.

Following this, you can then begin dressing your toe with an antiseptic and sterile cover every day; all provided to you at your appointment.

## Post-operative catch-up

At the one-week mark, you will come back into the clinic where your podiatrist will assess your healing progress. We will ensure that the site is free from infection and healing as expected. Any questions can be answered at this point and any further dressing plans put into place. We will also discuss a return to higher impact sports and activities where appropriate.