

Local Anaesthetic Procedure

Clare Dicker

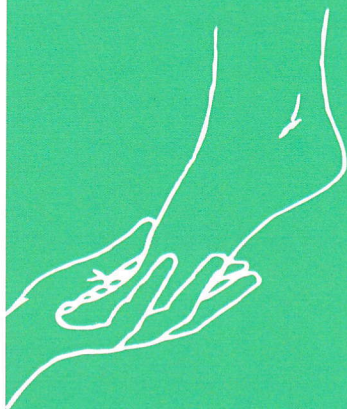
FSSCh DipPodMed MBChA

Qualified Chiropodist & Podiatrist

Registration No. CH21135



Tel: 01959 576161



Contents

Page	Section
1	1. Introduction 2. What is nail surgery? 3. Before your nail surgery
2	4. Consent 5. During your procedure 6. Benefits
3	7. Dressing instructions
4	8. After your nail surgery 9. Procedure details
5	Risks

Additional notes

1. Introduction

You have now been assessed and referred for surgery. A letter will be sent to your GP informing them of your procedure. This booklet will provide you with all the information you need before, during and after your surgery.

It is important that you read this booklet carefully, keep it in a safe place and bring it with you to each appointment.

2. What is nail surgery?

Nail surgery is total or partial removal of a toenail using local anaesthetic. A chemical called phenol will be applied to the nail bed to stop the nail from growing back. There is a 3% chance of regrowth of the nail.

3. Before your nail surgery.

You will have had a full assessment by your podiatrist and your GP will have been informed of your surgery.

- Please do not have a sleepless night before your nail surgery; it is a relatively minor procedure.
- **You will not be insured to drive following the procedure. Please arrange for a taxi or a friend to provide a lift home.**
- Eat your normal breakfast and/or lunch before the procedure.
- Bring any tablets or medicaments that you would usually use throughout the day e.g. inhalers, heart tablets/spray.
- **Bring some footwear roomy enough to accommodate a large dressing – open toe shoes, would be ideal**
- Please remove nail varnish.

4. Consent

- The consent form will record your written consent to go ahead with nail surgery.
- You will be given a copy of the consent form. Please read this carefully as you will be asked to sign our copy on the day of your nail surgery.

5. During the procedure

- The podiatrist will inject the area around your toe with a local anaesthetic to make it numb. The actual injection may cause some discomfort.
- You may still feel pressure but not pain.
- Once the toe is numb a tourni-cot is placed over the toe to stop bleeding whilst part or all of the nail is removed.
- Phenol is then applied to the nail bed to stop the nail growing back.
- A sterile dressing is then applied which must be kept dry and in place until your first redressing appointment (within 4 days).
- Your surgery will take approximately 45 minutes.

6. Benefits

- Cures painful toe nail problems.
- Reduces the risk of repeated infections.
- Returns the patient to normal sporting/social activities.

7. Dressing instructions

- After your first redressing appointment you will be expected to redress your own toe, with dressings supplied to you by your podiatrist.
- After a few days your toe may ooze slightly – this is normal and is not infected.
- If the toe becomes red, hot, throbbing and painful then this would indicate an infection and you should see your GP for antibiotics.
- After your procedure your next appointment will be 1-4 days later for your first redressing. Then another appointment 7 days after your first redress. Then 4 weeks following this. Appointments will be made on the day of your surgery. In between appointments you will be expected to dress as advised by the podiatrist.
- You may have a quick shower before changing your dressing. However some patients do need to keep the toe dry. These “at risk” patients will be advised by your podiatrist.
- The area where the nail was removed will take between 4-12 weeks to heal and will have to be dressed for all of this time. The toe will be monitored before it has healed.
- A scab will eventually form which should come away by itself. The toe may still be a bit sensitive for a short time following healing. It is advisable to avoid pressure from tight footwear.
- A final appointment will be made for 6 months from your surgery date. This is to check the nail surgery has been successful and that you are satisfied with your results.

8. After your nail surgery

- If you have any discomfort once the anaesthetic wears off. Please take what you would normally take for a headache i.e. paracetamol. **(Please avoid aspirin and ibuprofen as this may cause bleeding)**
- Please rest your foot as much as possible for the rest of the day. **Avoid excess activities e.g. football, dancing, running and swimming until your podiatrist informs you otherwise.**
- If you notice any blood/discharge seeping through the dressing this is normal. Please do not remove the dressing. Just apply a clean one over the top.
- The local anaesthetic should not cause any problems. However there is a rare risk of an allergic reaction that can occur up to 72 hours after the injection. If you feel breathless, faint, dizziness, have an itchy rash all over the skin and/or swelling in the body or throat **please go immediately to A&E department and tell them that you have had a local anaesthetic.**
- If you are concerned at any stage after the procedure please do not hesitate to contact the clinic on 01959 576161 – (Mon-Fri 8am-7pm). Out of hours go to your local GP or Emergency Department.

9. Procedure details

The procedure carried out was...

LEFT - Partial/Total Avulsion	1	2	3	4	5
RIGHT - Partial/Total Avulsion	1	2	3	4	5

.....mls of 3% Mepivacaine local anaesthetic has been used
Date.....
Time.....
Time anaesthetic may wear off.....

A chemical called phenol has been applied to the nail bed. This will cause the area to go black.

Risks

- **Nail Re-growth**

Every step is taken to prevent regrowth of the nail. However, if this does occur (3% chance) it may or may not require further surgery.

- **Delayed healing**

Average healing times are between 4-12 weeks depending on your age and health.

- **Pain following the operation**

You may experience some pain or discomfort. When sensations of the toe have returned, we advise that you take your normal painkillers, the same as you would with a headache.

- **Phenol burns**

Occasionally the phenol used to stop the nail re-growing can spread on the skin surrounding the nail. If this happens it may be painful and delay the healing. Every care and precaution is taken to prevent this.

- **Infection**

Every precaution is taken during the operation to prevent infection. However, because we are dealing with an open wound, an infection can occasionally occur. This will present itself as a hot, painful, swollen toe. If this does occur you should contact your Podiatrist and GP for further advice.

- **Excessive bleeding**

There may be a little bleeding during the operation and also afterwards. It is therefore important that you relax for the rest of the day with your foot raised. It is important that you inform your Podiatrist if you are taking any tablets that increase the likelihood of bleeding, for example warfarin or aspirin.

- **Occasional prolonged numbness**

After the nail surgery some patients have a delayed return to normal sensation in the toe. Should this happen, please discuss with your Podiatrist.

- **Adverse reaction to local anaesthetic**

Rarely an adverse reaction to the anaesthetic may occur. In the rare event that it might occur – your Podiatrist is trained to deal with it. If you are not with your Podiatrist at the time, go straight to A&E.

Clare Dicker

FSSCh DipPodMed MBChA

Chiropody & Podiatry

7 Juniper Close

Biggin Hill

Kent TN16 3LZ

Tel: 01959 576161

www.claredicker.co.uk

Registration No. CH21135

This information was correct at the time of printing. While every effort is made to keep information leaflets up to date, very recent changes may not be reflected in the guidance.