

## Looking after your toe after nail surgery

### Other formats

If you need this information in another format such as audio CD, Braille, large print, high contrast, British Sign Language or translated into another language, please contact the PALS desk on 01271 314090 or at [ndht.pals@nhs.net](mailto:ndht.pals@nhs.net).

### What to expect after you have had nail surgery

You will be expected to look after and dress your toe yourself after nail surgery until it is healed. However, you may always contact the Podiatry department for advice at any time if you are concerned. After you have had nail surgery you will have a large dressing placed on your toe. This should not be removed until the following day.

### How to redress your toe

You will need to dress and bathe your toe daily. This will allow you to monitor the appearance of your toe, keep the area clean and to encourage healing.

With the dressings that you have been advised to purchase, please follow these guidelines every day:

- Using a clean bowl fill with some warm water enough to cover your toe then add a table spoonful of salt and bathe your toe in this for about five minutes.
- Dry your toe gently with some sterile gauze.
- Do not apply a plaster to the toe. Only use a sterile dressing. Cut the sterile dressing to the correct size to cover the nail or nail bed area. If there is a shiny side of the dressing, this should be placed directly on to the toe so that it is easily removed the next day.
- Cut about 15cm (6 inches) of tube-gauze, then using the tube-gauze and applicator place this onto the toe leaving enough length for the tube-gauze to be twisted once and brought back over the toe.
- Using the micropore tape, cut enough to secure the tube-gauze in place at the base of the toe.

Observe your toe daily, expect there to be some localised redness at the base of the toe and a yellow thick layer to develop over the area. This area will remain tender for some time.

Please note, a small amount of weeping from the toe is normal.

## Things to look out for

The following should prompt you to seek further advice:

- Increased redness that extends down the toe
- Bleeding that does not stop
- Increase in pain or swelling
- A malodorous smell

## What to do if you are concerned about your toe

If you become concerned that your toe may have become infected, or you are experiencing severe pain, please contact the Podiatry department or your own GP as soon as possible, so they can advise you accordingly.

## Help available to you

If you have any concerns about your toe, please ring the Podiatry department on 01271 341509 or contact your GP.

### North Devon Podiatry Services

Email: [ndht.podiatry@nhs.net](mailto:ndht.podiatry@nhs.net)

Tel: 01271 341509

Address: North Devon Podiatry Services, Barnstaple Health Centre, Vicarage Street, Barnstaple, North Devon, EX32 7BH

### PALS

The Patient Advice and Liaison Service (PALS) ensures that the NHS listens to patients, relatives, carers and friends, answers questions and resolves concerns as quickly as possible. If you have a query or concern call 01271 314090 or email [ndht.pals@nhs.net](mailto:ndht.pals@nhs.net). You can also visit the PALS and Information Centre in person at North Devon District Hospital, Barnstaple.

## Have your say

Northern Devon Healthcare NHS Trust aims to provide high quality services. However, please tell us when something could be improved. If you have a comment or compliment about a service or treatment, please raise your comments with a member of staff or the PALS team in the first instance.

'Care Opinion' comments forms are on all wards or online at [www.careopinion.org.uk](http://www.careopinion.org.uk).

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