

MACKENZIE PODIATRY Ltd

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Society of Chiropodists and Podiatrists Accredited Practice
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NAIL PROBLEMS

Infected and ingrown toenails can be a painful and debilitating problem at any age.

A permanent cure can be obtained by means of a simple procedure carried out under Local Anaesthetic. A small piece of nail approximately 3mm. wide is removed and the growth cells destroyed using a strong caustic (Liquefied Phenol). This means that the main part of the nail is left intact and the part which has been causing the problem will not re-grow. In a small number of cases the whole nail has to be removed. The whole procedure takes about 30 minutes.

The procedure, carried out in a sterile field, is as follows:

1 A local anaesthetic (LA) is administered. This is usually two injections, one in each side of the toe.

2 When the anaesthetic has taken, a tourniquet is applied to the affected toe creating a bloodless field in which to work.

3 The section of nail is then removed and three separate swabs of Liquefied Phenol applied for one minute each.

4 The toe is dressed using a sterile haemostatic dressing.

5 The wound is re-dressed the next day at the surgery and thereafter the patient dresses it every day for the first week. After that it is re-dressed daily by the patient and checked once a week by the podiatrist until it is completely healed. This usually takes 4-6 weeks. During the first week the wound can become very messy and appear to be infected. This is the chemical burn and unlikely to be an infection.

6 It is of the utmost importance that you attend regularly to ensure that healing is progressing satisfactorily.

7 To redress the wound:

- a) remove old dressing
- b) carry out a saline footbath as per accompanying leaflet
- c) place antiseptic dressing directly on to the wound after removing protective films
- d) place sterile gauze on to this dressing
- e) apply tubular bandage
- f) apply adhesive tape

NEVER leave a wet dressing on the wound.

The LA will wear off after approximately 2 hours. Your preferred pain relief in its usual dosage should be taken about an hour after surgery to minimize post-operative pain.

You should not drive a car immediately after this procedure as the insurance is invalidated by the administration of the LA to the foot.