



# In-growing Toenail Under LA in Treatment Room & Under GA in Theatre

This leaflet aims to answer your questions about having an ingrowing toenail procedure under LA and under GA in Theatre under the care of Mr Sam Singh. It explains the benefits, risks and alternatives, as well as what you can expect when you come to hospital.

For more information please go to Mr Singh's Website:

<http://www.footandanklesurgeon.co.uk>

## THE DAY OF THE SURGERY:

The procedure will be done under local anaesthetic by Mr Singh in the treatment room or it can be done under General Anaesthetic in Theatres.

**What causes an ingrown toenail?** Often, they are due to the shape of the nail plate. Some people have wide nail plates, others curved nail plates which means the nail cannot easily grow free at the sides. This makes cutting the sides of the nail very difficult and often results in the nail being yanked at this point. If a spike of nail is left it can cause a small tear in the skin, a wound is formed and infection can follow. Pus may leak from the toe. In some instances this results in extra tissue forming (hyper granulation tissue). This tissue has a very good blood supply and can bleed easily. It also has small nerve endings that cause pain.

### Simple things that one can try to ease the pain:

There are several things that you can do to try and relieve your symptoms:

- ✚ Wear good fitting shoes
- ✚ Take care with nail cutting
- ✚ Bathe the foot in warm, salt water daily
- ✚ Keep the toe covered with a clean / sterile dressing

## WHAT FURTHER THINGS CAN BE DONE?

- ✚ It is likely that you would have already tried some simple measures including antibiotics. By the time you have been referred to Mr Singh there is a good chance that more permanent treatment will be required.
- ✚ This can include cutting a small edge of the nail in the clinic or chemically burning some of the painful overgrown tissue
- ✚ In more severe infected cases the whole nail maybe removed to allow pus to drain
- ✚ The most common procedure is partial nail removal (avulsion) with destruction of the nail bed / root
- ✚ Most people will have the procedure under a local anaesthesia. This completely blocks pain from the area and you will stay awake during the procedure.
- ✚ Your toe will be cleaned with antiseptic and the ingrown section of the nail is cut away to create a new, straight nail edge. Sometimes the whole nail is removed if it has become thick or deformed.

- ✚ Your nail bed (the cells from which your nail starts growing) can be surgically removed or destroyed using a chemical called phenol. This stops the edge of a new nail from re-growing. Your toenail may be narrower when it grows back.
- ✚ After your operation, your toe will be covered with a dressing. Mr Singh may prescribe antibiotics for a few days.

The partial nail avulsion using chemical ablation (destruction) rarely causes any significant discomfort. There is slightly more discomforts with whole nail removal although this is generally only mild to moderate. The procedure is usually formed in the treatment room next to the clinic. **On the day bring a loose trainer or a sandal to accommodate the bulky dressing.** You will need to take the rest of the day off and if you could take the next day off it is helpful as resting with the leg elevated can ease the swelling. You could work from home.

There are risks and complications with all operations and these will be discussed in detail. Although every effort is made to reduce complications, these can occur. There are some specific risks with ingrown toenail surgery: Nail re-growth (low at 5-8%), reaction to the chemical, slow wound healing due to the existing infection

You can walk immediately after the operation, although it is generally best to rest that night. After 2 days you can remove the bulky dressing. You will need to bathe the foot in warm salt water for 15 minutes, twice daily and redress the toe until it has healed. This can take up to 2 – 4 weeks.

You should be able to return to full sport as soon as the toe has healed (3 - 4 weeks).

## Prevention of ingrown toenails

There are a number of things you can do to prevent an ingrown toenail.

- ✚ Cut your toenails straight across rather than as a curve with short edges.
- ✚ Use clean, sharp nail trimmers.
- ✚ Wear shoes that are wide enough for your feet and that don't apply pressure on your toes.
- ✚ Try not to wear narrow, pointed shoes.
- ✚ Keep your feet clean and dry. Wash your feet every day and change your socks and tights every day.

If you don't have a copy, it can be downloaded at:

<http://www.londonbridgehospital.com/LBH/media-centre/brochure-leaflet-downloads/>

<http://www.londonbridgehospital.com/LBH/private-patients/mrsa/>

<http://www.thelisterhospital.com/patient-info/>

<http://www.bmihealthcare.co.uk/chelsfieldparkhospital>

<http://www.bmihealthcare.co.uk/sloanehospital>

## Giving my consent (permission)

We want to involve you in decisions about your care and treatment. If you decide to go ahead, you will be asked to sign a consent form by Mr Singh. This states that you agree to have the treatment and you understand what it involves.

## Will I feel any pain?

There will be some pain after the procedure. During your procedure local anaesthetic block may be injected into your toe to reduce the pain after the procedure.

## What do I need to do after I go home?

This is a general guide only. Patients will progress and recover from their procedure at different rates. If Mr Singh gives you different advice, then you should follow that.

## Contact details

If you have any questions or concerns about your surgery; please contact the following:

- Your consultants secretaries Lorna/Elia on:  
**020 7234 2167**  
(Mon-Fri, 9am-5pm)
- The clinical nurse specialist/Nurse in charge – London Bridge (bleep 000) Call the hospital switchboard on:  
**020 7407 3100** and ask for the bleep desk. Ask for bleep 2 and wait for a response. This will connect you to the clinical nurse specialist on call directly.
- Physiotherapy Department London Bridge  
**020 7234 2500 /2525 fax: 0207 234 2815**  
(Mon-Fri, 9am-5pm)
- The London Bridge Hospital (2<sup>nd</sup> Floor, Orthopaedic Ward – open 24 hrs/day) on:  
**(North Side) - 0207 234 2271**  
**(South Side) - 0207 234 2262**
- The Lister Hospital Orthopaedic (Orthopaedic Ward Level 5 – ask for the Duty Sister) on:  
**020 7730 7733**
- The Chelsfield Park Hospital (the orthopaedic ward) on:  
**01689 877 855**
- The Sloane Park Hospital (the orthopaedic ward) on:  
**0208 466 4000** and ask for the Ward.

**Important: If you experience an emergency go to your local accident and emergency department (A&E)**



## Other Contact numbers

### London Bridge Hospital

Please get in touch using the following contact details.

**t:** 020 7407 3100 **fax:** 020 7 407 3162

**w:** <http://www.londonbridgehospital.com/>

### Pharmacy Medicines Helpline

If you have any questions or concerns about your medicines, please speak to the staff caring for you on the ward

**t:** 020 7 234 2047/ 2048 or the hospital pharmacy by calling the main hospital number

Monday to Friday 9am to 6:30pm

Saturday 9am to 12:30pm

**t:** 020 7 407 3100 **fax:** 020 7 234 2040

Pre-Assessment – Orthopaedic Nurse, please get in touch using the following contact details.

**t:** 020 7234 2271

**w:** <http://www.londonbridgehospital.com/>

Outpatient Appointments please get in touch using the following contact details. Mr Singh's private Secretaries Lorna/Elia

**t:** 020 7 234 2167 **fax:** 020 7 234 2030

**w:** <http://www.londonbridgehospital.com/>

### The Lister Hospital

Please get in touch using the following contact details.

**t:** 020 7 730 7733 **fax:** 020 7824 8867

**w:** <http://www.thelisterhospital.com/>

Staff Nurse - Outpatients, Pre-Assessment Clinic, please get in touch using the following contact details.

**t:** 020 7 730 7733 **fax:** 020 7259 0529

**w:** <http://www.thelisterhospital.com/>

### Chelsfield Park Hospital

Please get in touch using the following contact details.

**t:** 01689 877 855 **fax:** 01689 837 439

**w:** <http://www.bmihealthcare.co.uk/chelsfield>

Pre-Assessment Clinic – Reservations, get in touch using the

Please get in touch using the following contact details.

**t:** 01689 877 855 Etxn 3030

**w:** <http://www.bmihealthcare.co.uk/chelsfield>

Outpatients Appointments, get in touch using the  
Please get in touch using the following contact details.

**t:** 01689 885 905 **fax:** 01689 837 439

**w:** <http://www.bmihealthcare.co.uk/chelsfield>

### **The Sloane Hospital**

Outpatient Appointments, please get in touch using the following contact details.

**t:** 020 7 234 2167 Mr Singh's Secretaries or

**t:** 020 7 0208 466 4056

**w:** <http://www.bmihealthcare.co.uk/sloane>

**Main Switchboard** - Please get in touch using the following contact details.

**t:** 020 8 466 4000

**w:** <http://www.bmihealthcare.co.uk/sloane>

### **The Sloane Hospital**

Pre-Assessment Clinic – Barbara, get in touch using the following contact details.

**t:** 020 8 466 4000 Extn 5009

**w:** <http://www.bmihealthcare.co.uk/sloane>

### **Language Support Services**

If you need an interpreter or information about your care in a different language or format, please get in touch with our International Department using the following contact details.

**t:** 020 7 234 2711 **fax:** 020 7 234 2258



