

INGROWN TOENAIL SURGERY



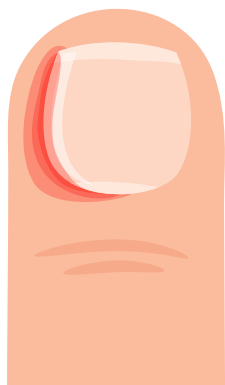
SURGERY INFORMATION



- 0493 461 133
- (08) 9118 3112
- HealthLink:drcgraff
- admin@christygraff.com
- www.drchristygraff.com

THE SURGERY

The surgery is usually a day case procedure. Under an anaesthetic, an incision is made on the affected side/s of the toe. The skin over the nail is trimmed, The affected nail is usually removed (it will grow back over time). The tissue where the nail excess nail grows is removed, and a chemical is applied to kill the cells that make the sides of the nail that grow in. The nail is then glued back for temporary protection, as the nail grows back.



Schematic of an ingrown toenail

THE HOSPITAL STAY

- You will have a dressing on the toe
- The toe will be numb
- You will be given a special shoe to walk on

WHEN YOU GO HOME

- You will need 2 paracetamol before bed that night as the local anaesthetic will wear off
- Please leave the dressings in tact for as long as possible and keep dry for showering
- You can debulk the dressings in 72 hours and keep the sticky dressings intact; the post op dressings will have blood on them which is normal. You will be given extra dressings to put on top.
- You will need to attend your **post op appointment** in 5-10 days where the wounds will be checked

REHABILITATION

All patients are different. These timelines are only a guide, and some patients may progress faster or slower than others.



INGROWN TOENAIL SURGERY

0-1 week	<ul style="list-style-type: none">• You can walk in a slipper or special shoe; you can remove it for sleeping• Pain relief: please take 2 paracetamol before bed on the night of the surgery as the local anaesthetic will wear off• Please keep the dressings intact if possible; bag for showers or sponge bath• You may take off the bulky dressings after 72 hours and place waterproof dressings on top
1-2 weeks	<ul style="list-style-type: none">• Post op appointment for a wound review• The sutures will be left in, and often fall out over several weeks• The nail will eventually fall off, and a new nail will come up in its place

WHAT CAN GO WRONG?

- Anaesthetic problems
- Wound/scar problems
- Recurrence
- Infection
- Ongoing pain/swelling
- The need for further surgery

CONTACT

If you want more information, or have any questions or problems, please contact Dr Graff on admin@christygraff.com or please call the rooms on **0493 461 133**

WHEN CAN I GO BACK TO WORK/SCHOOL?

- Your child can go back to their normal school/childcare when they feel comfortable, which is usually within 2-3 days

WHEN CAN I DRIVE?

- Left foot: You can drive the next day
- Right foot: You can drive when you can fit into normal shoes