

Surgical Day Care Unit

Discharge Information following Removal of Ingrowing Toenails under General or Local Anaesthetic

Information for parents and carers

This leaflet aims to provide you with information about how to care for your child once you are at home. Your child may have had their ingrowing toenail treated by one of the following techniques:

- **Nail avulsion**

Removing the whole toenail. The toenail will regrow.

- **Wedge excision**

Removing part of the toenail where it is growing into the skin, along with the area of tissue in the corner that the toenail grows from. The toenail will regrow but will be narrower than before.

- **Nail-bed ablation**

Removing part of the toenail or the whole toenail by applying heat (diathermy) to the area of tissue that the toenail grows from. This will prevent the toenail from growing back from the area that was treated.

- **Zadekek's procedure**

Removing the whole toenail and then cutting away the area of tissue that the toenail grows from. This will prevent the toenail from growing back.



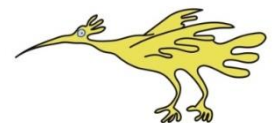
After surgery

After toenail surgery, your child's toe will have been wrapped in a sterile bandage. This will help stem any bleeding and prevent infection. Rest your child's foot and keep it raised for one to two days after the operation. We also recommend your child does not put pressure through the toe when walking for the first few days. Dressings need to remain in place as you have been advised by your discharging nurse.

To help reduce the pain, your child may need to take pain relief, such as paracetamol and or Ibuprofen.

We recommend your child wears soft or open-toed shoes for the first few days after surgery. If your child's toe bleeds press firmly on the wound for 15-20 minutes and then gradually release the pressure and keep their foot raised. If the bleeding does not stop or is not controlled you should seek medical attention.

Your child should not play sports or take part in strenuous exercise for two weeks.



Preventing ingrowing toenails

Taking care of your feet will help prevent foot problems such as ingrown toenails. It's important to cut your toenails properly (straight across, not at an angle or down the edges). Wearing shoes that fit properly will help to ensure your feet remain healthy. You should also change your socks (or tights) every day. When washing your feet you should also ensure they are dried properly between the toes to prevent infection.

Local anaesthetic

This may have been used during your child's procedure. The local anaesthetic will help keep your child comfortable for up to six hours after surgery. Please ensure your child is careful when moving as they will not feel any pain if they knock the area, but may do once the effect of the anaesthetic stops.

What to do after surgery if your child has had a general anaesthetic

Most children appear to be alert and active after they are discharged from hospital. However do not be surprised if your child complains of feeling dizzy or being tired. Your child may feel dizzy and uncoordinated for the next couple of days.

For the next 24 hours

- **Do** encourage your child to rest
- **Do** make sure your child's activities are supervised by a responsible adult
- **Do not** let your child ride a bike
- **Do not** let your child take part in any outdoor activities
- **Do not** give your child any fizzy drinks
- **Do not** give your child hard to digest foods such as chips, burgers.



Your child may complain of having a sore throat, hoarseness, muscle ache, or pain following an anaesthetic. You can give your child paracetamol. **Do not exceed the recommended dosage for your child's age.** All advice regarding medicines will be given to you when your child is discharged.

What to do if your child starts to vomit

If your child vomits on the way home or when you get home, do not be alarmed. Do not give your child anything to eat or drink for one hour. After that, you can start giving your child a small amount of water or juice. Then gradually start to increase the amount of fluid you give to your child. Once your child can keep fluids down you can begin to give them a light diet.

Please contact the Day Care Unit for advice by telephoning:

0151 252 5557 / 0151 282 4509

Monday to Friday 7.00 am - 7.00 pm

If you have any problems outside these hours please contact:

Ward 3A (General surgical) 0151 252 5447 **Ward 4A** (Orthopaedic) 0151 252 5578

Medications:

Post-operative instruction:

This leaflet only gives general information. You must always discuss the individual treatment of your child with the appropriate member of staff. Do not rely on this leaflet alone for information about your child's treatment. This information can be made available in other languages and formats if requested.

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