

## Nail Surgery Advice

Take it easy the day of your surgery and elevate your foot for a while. Normal painkillers can be taken as instructed on the packet e.g. Paracetamol. The dressing may bleed since when walking you compress the toe and bandage. This can usually be ignored or another clean dressing pad applied on top. Follow the instructions below to help ensure the optimum healing. It takes 2-4 weeks for the toes to heal. Any problems drop us an email.

### Clean the toe

A small bowl with warm weak salt water is needed to soak the toe for up to 5 minutes and wipe with wet cotton wool or gauze. You may also use Clinisept if given to wipe and spray over the nail instead.

#### STEP 01



### Inspect

The toe should not look bright red or be excessively sore - especially after a week.

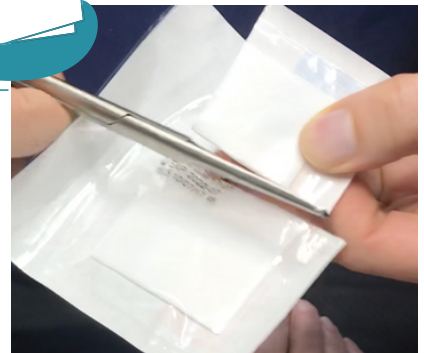
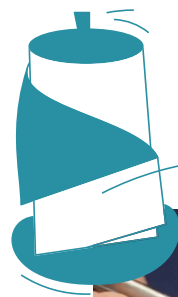
Loose dry scab can be wiped off. The sides where the nail removed may look crusty and there may be liquid coming out which is normal.



### Dry and prepare

Dab the toe dry with kitchen towel and get the dressing ready. Cut the Melolite in half and expose the top so that you can stick a small strip of micropore to lift it up.

#### STEP 03



### Dressing

Apply the dressing to the toe avoiding touching the side against the skin/nail. Wrap the tape around and use one or two more pieces. Don't wrap the tape round and round the toe. Another piece of tape can secure the tip..



#### STEP 04

### Check-ups

We suggest checkups at the clinic every week or 10 days. These are usually included in the cost of treatment and can be booked online (Dressing Appointment under the Surgery tab). You can also email a photo.

#### STEP 05

