



**Probus Surgical Centre**  
*"Providing NHS Service"*

## Information for Patients

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### **Advice Following Surgery to In Growing Toe Nail**

(Includes Wedge Excision, Removal of Nail Bed (Zadeks) & Phenol Ablation)

#### **Do I need to keep my foot up when I get home?**

Keeping the foot elevated helps not only to reduce swelling but also helps with pain control.

#### **When can I have a shower or bath?**

As long as you keep the dressings dry and intact then you can shower or bath when you wish. It would be advised to put your foot into a plastic bag and keep it out of the water,

#### **Who changes my dressing?**

Your Practice Nurse at your own surgery will change your dressing.

#### **When is my dressing changed?**

If you have had a Zadeks operation, the dressing will need changing the following day.

Please make an appointment on ..... with your own Practice Nurse or with the dressings clinic at Camborne & Redruth Hospital if you live in that area. Tel: 01209 318070 or 01209 318069.

If you have had an IGTN or wedge excision, the dressing will need changing in 3 to 4 days time.

Please make an appointment on ..... with your own Practice Nurse or with the dressings clinic at Camborne & Redruth Hospital if you live in that area. Tel: 01209 318070 or 01209 318069.

#### **Do I have stitches?**

You may have dissolvable stitches which will dissolve in 12 to 14 days.

If you have stitches that need removing, please make an appointment on ..... with your own Practice Nurse.

### **Do I need to take any painkillers?**

If you have had a Zadeks procedure, you will more than likely need pain control. You should use Paracetamol or Ibuprofen, providing you are not allergic to them. Please don't take any Aspirin or any medication containing Aspirin, e.g. Dispirin, as these can cause bleeding.

### **If you have any queries or a post op problem?**

You will not routinely receive a follow up appointment and will be discharged back to your GP following your operation. If you have any queries or problems post op, please contact us on 01726 885104.

**Please contact us in the first instance, rather than your own surgery, on 01726 885104 if you have any queries or problems. Phone lines are open Monday to Friday 08:30am – 16:30pm only.**

**If outside of these hours, then please contact NHS 111 on 111. Please note that NHS 111 may refer you on elsewhere if necessary.**