# Post-operative dressing instructions

**Please follow the advice given to you by the podiatrist.**

**Dressing pack**

Within the dressing pack you have been given, you will find:

* This 'Nail surgery dressing' leaflet
* Saline solution
* Non-adhesive sterile dressings (Telfa)
* Sterile swabs (Gauze)
* Tubular bandage (Tubiton / tubigauze)
* Adhesive tape (Mefix )

**Only use** the dressings that you have been issued with or advised to use by your podiatrist.

**How should I look after my toe following surgery?**

* Rest your foot / feet as much as possible and where possible elevate your feet.
* Leave the first dressing on for two days and keep clean and dry.
* It is not uncommon for the toe to bleed. A few spots of blood on the dressing are okay. If there is a large spot, such as the size of a 10 cent coin, place a fresh sterile dressing over the existing dressing. Do not disturb the initial dressing.
* Whilst generally there is little or no pain once the anaesthetic wears off, occasionally the site of the surgery / injections can be painful. If your normal painkillers, such as Paracetamol, are not working, you may require stronger pain killers prescribed by your GP.

**How do I change the dressing?**

Leave the first dressing on for two days following the surgery, then the dressings should be changed daily, as below, until fully healed. Please keep your dressing dry in between dressing changes.

* Get everything ready before you start. You will need a small clean bowl of cooled

boiled water with a handful of table salt.

* Work in a clean area and ensure any items such as scissors are as sterile or as

clean as possible.

* Have a normal shower with the dressings left on before completing your salt bath. This prevents dirt and soap from washing into the wound and helps when removing the dressing.
* Following your shower, with your warm salty water ready, gently remove the dressing. It may stick a little but the steam from the bath or shower will help release it.
* Quickly placing your foot in the salt water, for no longer than 5 minutes, wash around the toe and move the foot around in the water to help dislodge any debris.
* DO NOT attempt to scrub the wound or remove any pieces yourself. DO NOT soak the foot. NB: Soaking the foot will encourage infection and increase the healing time.
* Having washed the toe/s, air dry for no longer than 5 minutes, or pat the area/s dry with a sterile dressing and discard it, before applying a clean sterile dressing as shown by the podiatrist:

1. Betadine (ONLY a thin layer covering the entire wound)
2. Telfa dressing
3. Wrap one piece of gauze around the toe
4. Wrap one piece of gauze over the toe
5. Apply tubular gauze over the toe - Cut the tubular bandage to about 2½ times the length of the toe and using your index and fore fingers, pull it over the dressing followed by a full twist to seal the end of the toe before pulling it back over the dressing.

NB: If the end of the toe is not sealed dirt may enter the wound and delay healing.

1. A small strip of mefix or adhesive tape can be used to ‘tack’ the dressing to the bottom of the toe to hold the dressing in place. Do not be tempted to wrap the toe in tape as this may restrict circulation.

Do not be tempted to sit with the dressing off, or walk about without a dressing on as dirt, dust, animal hairs etc, will get into the wound and cause healing problems such as infection.

**Is there anything I should look out for?**

For the first couple of weeks the toe may look angry and swollen, be slightly painful / uncomfortable and be discharging watery / bloody fluid. This is normal.

The toe can also look dry and dark in colour as people will have different reactions to

the procedure.

Increased pain, swelling and redness, usually accompanied by thick and smelly

discharge, may indicate an infection is present and you will need to contact your GP for some antibiotics.

**This is unusual within the first week unless an infection was present at the time of the surgery.**

If a large amount of discharge is coming through the dressing (strikethrough) just apply another sterile dressing, as with the advice for bleeding following surgery. The more the toe is disturbed in the early stages, the more chance you have of causing an infection.

**Who should I contact if I have any concerns?**

If you have any concerns or questions following your surgery, please call the Fungal Nail Solutions on:

• INSERT NUMBER HERE

Leave a message and your operating clinician will return your call as soon as possible.

If you are feeling unwell, please contact your GP or contact after hours emergency clinics if it's outside their working hours.