Mr Adrian R. Aitken

FITZPATRICK HOUSE
134 Guthridge Parade
SALE VIC 3850
Ph (03) 51 444555
Fax (03) 51 447564

M.B.B.S., Ph.D. (U.N.S.W.), F.R.A.C.S.
GENERAL SURGEON
skype enabled for Tele-health consultations

MARYVALE PRIVATE HOSPITAL
286 Maryvale Rd
MORWELL VIC 3840
Ph (03) 51 321200
Fax (03) 51 343441

BAIRNSDALE REGIONAL HEALTH SERVICE
122 Day St
BAIRNSDALE VIC 3875
Ph (03) 51 503333

INSTRUCTIONS AFTER
SURGERY FOR AN INGROWN TOENAIL
OR REMOVAL OF A TOENAIL

You need to be seen about 1 week after your operation or sooner if there is an issue.

Ring Fitzpatrick House on 51444555 to make or check that an appointment has been made.

The problem with surgery on an ingrown toenail or removal of a toenail is bleeding. Keep your foot elevated for the first few hours after the procedure because standing and walking will cause the bandage to become blood-soaked and you will have to seek attention to change the dressing. If you keep the affected foot elevated at least on a chair or stool it will not bleed. Ideally lie on a lounge or couch with you foot up on pillows as you would if you were reading the paper or a book.

Keep the dressing clean dry and intact until review but it will need to be changed if bloodstained or damp. A damp, wet or blood-stained dressing will cause a wound infection.

Antibiotics may have been prescribed. Take as directed.

You will need pain relief and advice should have been given. Keeping your foot elevated will also help. Take Panadol, Panadeineor Panadeine forte 2 tablets 4 hourly as required. Your need for pain relief should taper off within 2-3 days.

At your review appointment the dressing will be taken down and exchanged for a less bulky adhesive dressing or light crepe bandage.

The best footwear is an open sandal, thong or a lambs-wool mocassin, not your conventional shoes.

Your toe will be tender for 2-4 weeks but will settle and should become pain-free.

IF A PROBLEM OCCURS,
CONTACT FITZPATRICK HOUSE DURING BUSINESS HOURS
OR GO TO ACCIDENT AND EMERGENCY AT A PUBLIC HOSPITAL