

Ingrown Toe Nail

Introduction

A condition where the distal lateral margin toenail grows or is pressed into the soft tissue of the toe causing an inflammatory reaction and pain. It usually occurs in the big toe and is associated with wearing tight shoes or improper nail cutting. Infective granulation tissue may develop. If there is persistent pain and infection, surgical intervention is indicated.



Preparation

- Prepare a pair of slipper for wearing after operation
- Clean the toes at home before operation
- A written consent is required

Procedure

The surgery is called “wedge resection”, which is to narrow the nail or to reduce the size of the lateral nail fold by removal of part of the impinged nail. It is usually performed in day surgery center under local anesthesia.

Care and Advice

- Stay in recovery area for observation of wound condition for half an hour to 1 hour
- Dressing and elastic bandage is used for the wound. If necessary, apply direct pressure by fingers for about 5 minutes to stop bleeding
- Note the circulation and sensation of the tip of toe. Adjust and loosen the bandage if the toe turn pale, blue or numb
- Keep the wound clean
- If necessary, the wound may have sutures. Attend General Out-patient Clinic to change dressing or off stitches as instructed

- Stay at home and elevate legs to decrease pain and swelling on the operation day
- Avoid excessive foot activities in the first week
- Take antibiotics and analgesic as prescribed
- No dietary restriction
- Proper trimming of nail, avoid cutting too short or too close to soft tissue
- Wear comfortable and suitable shoes
- Maintain foot hygiene by keeping foot clean and dry thoroughly after proper cleansing

Follow up

Follow up as scheduled

Complications

- Excessive bleeding
- Abnormal sensation or circulation
- Infection (redness, swelling and purulent discharge)
- Fever (body temperature above 38 °C)
- Wound disruption

If you have any enquiry about the operation, please contact your medical in-charge in respective hospital.

Developed by:
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