



Procedure Information – Ingrown Toe Nail

Visit No.: Dept.:
Name: Sex/Age:
Doc. No.: Adm. Date:
Attn. Dr.:
Patient No.: PN

Page No:

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*Please fill in /
affix patient's label*

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.

The 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 anaesthesia.

Risks and Complications

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

Before the procedure

1. Your doctor will explain to you the reason, procedure and possible complications. You will need to sign a consent form.
2. Prepare a pair of slippers for wearing after operation
3. Clean the toes at home before operation

After the procedure

A. Hospital Care

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

B. Home Care

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



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Remarks

This is general information only and the list of complications is not exhaustive. Other unforeseen complications may occasionally occur. In special patient groups, the actual risk may be different. Should a complication occur, another life-saving procedure or treatment may be required immediately. For further information please contact your doctor.

Reference

Hospital Authority – Smart Patient Website

I acknowledge that the above information concerning my operation/procedure has been explained to me by Dr. _____. I have also been given the opportunity to ask questions and receive adequate explanations concerning my condition and the doctor's treatment plan.

Patient / Relative Name

Signature

Relationship (if any)

Date