



Tems Podiatry and Chiropody

Pre-Surgery Information for Nail Phenolisation:

- Please ensure that your feet are clean.
- The offending nail or section of nail will be removed under local anaesthetic. The area from which the nail grows will be destroyed with Phenol so that there is no regrowth. The shape of the nail is, therefore, permanently altered.
- The dressing applied will be bulky. Please bring open toe sandals or loose shoes that will accommodate the dressing. You will be required to keep this dressing on for 3-4 days.
- It will be necessary for you to do warm saline footbaths three times a day for the first week. After this you will need to do warm saline footbaths and redress the toe at least once a day until it has healed.
- Please make sure that you have a lift home arranged. You must not cycle or drive after your surgery. Your insurance may be invalidated and it may be considered to be an offence if you drive with an anaesthetised foot. It is also unwise to walk much until the anaesthetic has worn off.
- It will be necessary for you to return within a week. If this is not possible please inform us immediately.
- You may need to arrange a few days off work to rest the toe, dependant upon your type of job.

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