



Tems Podiatry and Chiropody
Minor Surgery Forms
First post-op nail surgery advice

After you have had nail surgery your toe/s may remain numb (from the local anaesthetic) for 2-3 hours.

It is very important that you co-operate by following the advice given. This will assist with your rapid recovery.

1. Rest with your feet up for the remainder of the day
2. When the anaesthetic wears off, you may start to experience some discomfort. Please take whatever you normally take for a headache to alleviate pain.
(**Avoid Aspirin** – this reduces the blood's ability to clot).
3. **Avoid Alcohol** for the next 24 hours, again this reduces the blood's ability to clot).
4. You may find that your toe will bleed quite heavily. If blood shows through the dressing – put some put extra gauze over the top of the original bandage. **Do not disturb the dressing that has been applied.**
5. **You must not wet the dressing.** Keep it dry until you have been for your follow up dressing appointment. The Chiropodist/Podiatrist will advise you further at the follow up appointment.
6. Until advised otherwise, do not partake in any activity which will cause damage to your affected toe/s (e.g. Sports, narrow-tight shoes).
7. If you feel worried or have any problems, please telephone the following number:

Temujin Eradhun 07817597047