



## Procedure Information Sheet

### Introduction

A condition where the distal lateral margin toe nail 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 Operation / Procedure

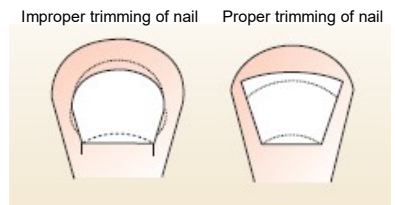
1. The procedure will be performed under local anaesthesia.
2. Surgery to narrow the nail or to reduce the size of the lateral nail fold by removal of part of the impinged nail.

### Before the Operation / Procedure

1. Doctor will explain to patient about operation, risks and complications. Patient has to sign a consent form.
2. Clean the toes before operation.
3. Prepare a pair of slipper for wearing after operation.

### After the Operation / Procedure

1. Stay in recovery area for observation of wound condition for 1/2 hour to 1 hour.
2. Dressing and elastic bandage is used for the wound. If necessary, apply direct pressure by fingers for about 5 to 10 minutes 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. Follow up to change dressing or off stitches as instructed.
6. Take antibiotics and painkillers as prescribed.
7. Stay at home, avoid excessive foot activities in the first week.
8. No dietary restriction.
9. Proper trimming of nail, avoid cutting too short or too close to soft tissue.
10. Wear comfortable and suitable shoes.
11. Maintain foot hygiene by keeping foot clean and dry thoroughly after proper cleansing.



### Risk and Complication

1. Excessive bleeding
2. Abnormal sensation or circulation
3. Infection (redness, swelling and purulent discharge)
4. Fever
5. Wound disruption
6. Recurrence

### Disclaimer

This leaflet only provides general information pertaining to this operation / procedure. While common risks and complications are described, the list is not exhaustive, and the degree of risk could also vary between patients. Please contact your doctor for detailed information and specific enquiry.

### Reference

Smart Patient Website of Hospital Authority, Procedure Information Sheet: Ingrown Toe Nail (3/2019)

Patient's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

<p><b>Patient's Label</b>  Patient Name: _____  Hospital No: _____  Episode No: _____</p>
---