

What will the toe(s) look like?

The nail(s) will be narrower than before because the side(s) will have been removed, however, the nail usually looks the same in the remaining portion.

How successful is the procedure?

The overall success rate is 97%; of the 3% failure rate the procedure can be safely performed again with the same chance of success within a few weeks.

Will my Health Insurance cover the cost of the procedure?

Some do, and some don't....many cash plans will only pay a percentage of the total cost. It is advisable to contact your insurance company for advice and authorisation before you commence treatment.

We are registered with most major private health insurance companies.

How soon can you do the procedure?

Usually the same week, we try to be as flexible as possible to meet your needs. Ask us...



All our Podiatrists (Chiropodists) are educated to degree standard (or equivalent), are registered with the Health & Care Professions Council (HCPC) and are full members of the College of Podiatrists

Please telephone us to make an appointment:

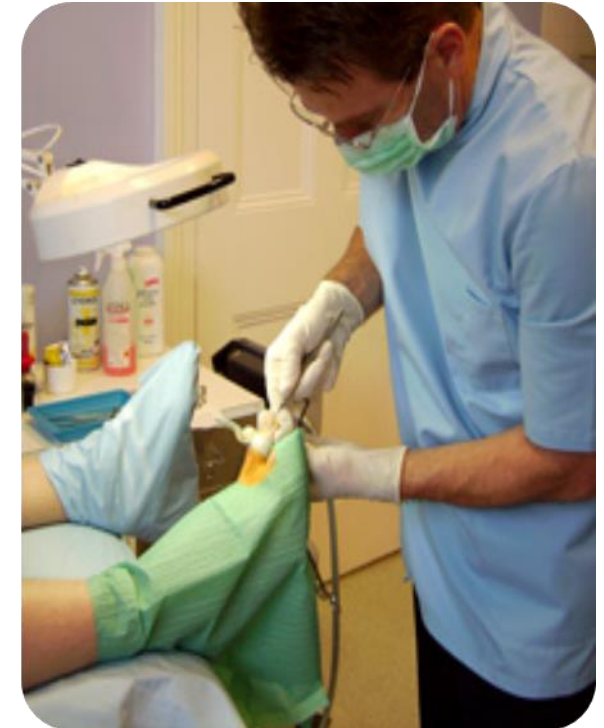
Harpenden	01582 467667
Hertford	01992 505105
St. Albans	01727 865343
Stoke Newington	0207 275 0382

www.headandshort.co.uk/podiatry

Head Office:

Head & Short Podiatrists Ltd, 14 High Street,
St. Albans, Herts. AL3 4EL Tel: 01727 852286
Company reg. 6741445 VAT No. 975 7625 65

Nail Surgery



Head & Short
PODIATRISTS LTD

What is my problem?

Sometimes nails can be incurved or ingrown causing pain and discomfort. Usually the big toes are affected but the lesser toes can be affected as well.

Incurved nails (sometimes called involuted toenails) are very curved and dig into the grooves at the side of the nails. In-growing toenails are usually very swollen, red and inflamed and may exude pus. Typically, they impair mobility and can be very painful.



What are the causes?

In-growing toenails are usually caused by poor toenail cutting or digging down the side of the nails, they can occur due to wearing of tight footwear. They come in two forms: shoulder and spicule.

Involuted toenails can be inherited or may be caused by toes that stick up and are rubbed by shoes or can be caused by the long-term use of slip-on footwear.

How do you fix this?



We anaesthetise the toe(s) using a local anaesthetic into the base of the toe(s). Once the area is numb we apply antiseptic and a tourniquet.

Then we remove the ingrown (involved) section of the nail and any scar tissue or hyper granulation tissue (extra tissue that may have grown).



A chemical, called phenol is applied down the groove to cauterise the nail matrix and nail bed.

When cautery is complete the area is cleansed to remove excess chemicals and debris.



The toe is dressed ready for you to go home!

Does the procedure hurt?

The injections hurt a little but are usually not too bad; once the toe is numb the procedure is completely pain free.

Will I have pain post-op?

Most people have very little pain, if any. If you do find your toe is sore please take a painkiller, such as paracetamol.

How long does healing take?

Usually healing takes 4 to 6 weeks but may take longer depending on your health.

How long does the Op take?

Only about 20 minutes but including pre-op checks, anaesthetising you, post-op checks, paperwork, etc. you will be with us for about an hour.

Do I get any after care?

The first dressing is 1-2 days post-op. You will be shown how to dress the toe yourself at home, we will see you again post-op as required (at least once).

