

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. Granulation tissue may develop and secondary infection is common.

The Operation

Surgery to narrow the nail (wedge resection of nail plate) or to reduce the size of the lateral nail fold. The procedure is usually performed under local anaesthesia.

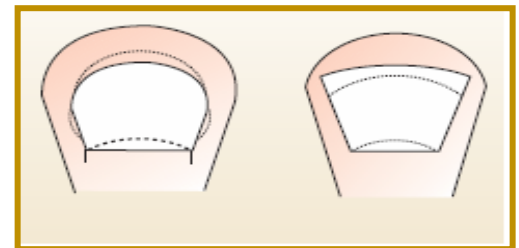
Preoperative Preparation

1. Bring along a pair of slippers for wearing after operation. The foot after operation may not fit tight shoes.
2. Clean the toes of affected foot.
3. Sign consent.



Postoperative Instruction

1. Stay in recovery area for observation of wound condition for 1/2 hour to 1 hour.
2. Elastic adhesive bandage is used for wound dressing. If necessary, apply direct pressure by fingers for about 5 minutes to stop bleeding.
3. Adjust bandage tightness if the toe turns pale, blue or numb.
4. Keep the wound clean and dry.
5. Normally there is no stitching on the wound. Attend nearby General Out-patient Clinic or Evangel Hospital to change dressing as instructed.
6. Rest and elevate legs to decrease pain and swelling on operation day, avoid excessive foot activities in the first week.
7. Take painkillers as prescribed.
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. Practise good foot hygiene, dry thoroughly after shower.



Incorrect Trim Toenail

Correct Trim Toenail

Common Risks and Complications (not exhaustive)

1. Excessive bleeding.
2. Abnormal sensation or circulation.
3. Infection (redness, swelling and purulent discharge).
4. Fever (above 38°C or 100°F).
5. Wound disruption.

Things to take note on discharge

1. Contact your doctor or a nearby Accident & Emergency Department if you find increasing pain or redness around the wound and discharge from the wound.
2. Take analgesics prescribed by your doctor if required.
3. Resume daily activity gradually.

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. For further information please contact your doctor. Evangel Hospital reserves the right to amend this leaflet without prior notice. We welcome suggestions or enquiries on the information provided in this leaflet. Please contact our Healthcare professionals so that we could follow up and make improvement.

Reference

Ingrown Toe Nail (2019)

Smart Patient: https://www21.ha.org.hk/smartpatient/SPW/MediaLibraries/SPW/SPWMedia/IGTN_English.pdf?ext=.pdf (24-07-2023)