

# Patient information

## **Ingrowing toenail**

Toenail infections can in severe cases be surgically treated whereby the nail tissue and nail bed are surgically removed.

Surgery takes place under a local anaesthetic which means that you are free to eat and drink prior to surgery. The surgical procedure usually takes approximately 20 minutes and the total time at the clinic including preparations is approximately one hour. It is recommended that you do not drive your car home after surgery. The recommended sick leave period is approximately three weeks.

You will be given a large bandage as well as a narrow plaster cast covering your big toe. You will require a special shoe or sandal in order to have sufficient room for your foot which we sell at a wholesale price of SEK 250: - This shoe will also aid walking after surgery.

It is important that you let us know whether you have any symptoms such as infections, sore throat or fever prior to surgery.

**If your appointment is not suitable please ring us immediately on:  
042 – 24 27 72**

You are to keep your foot in an elevated position as much as possible for the first few days after surgery in order to minimise swelling, bleeding and thus slowing the healing process. The bandage is to remain in place for approximately three weeks and the bandage and stitches will be removed upon your next appointment.

You may experience some pain during the first 24 hours after surgery and therefore a prescription for painkiller tablets has been sent by electronic post to your local pharmacy. These can be obtained at the pharmacy of your choice and should be obtained prior to surgery.

**Take the first tablets at least one hour prior to surgery.**

Continue to take these tablets after surgery according to the instructions included on your prescription. Additional information regarding your surgical procedure will be provided when you visit us.