



Operation Information

Wedge Excision of Ingrown Toenail

Introduction

An ingrown toenail develops when the sides of the toenail grow into the surrounding skin. These are several possible causes of an ingrown toenail:

- Incorrect cutting of toenails
- Wearing tight shoes or socks
- Excessive sweating or poor foot hygiene
- Injury
- Toenail infection
- Natural shape of the toenail

In addition, an ingrown toenail curls and pierces the skin, which becomes red, swollen and feeling very discomfort and pain while ambulatory. Wedge Excision of ingrown toenail is a common surgical procedure to remove a section or the whole affected toenail in the subsequent stage of ingrown toenail formation.

Outcomes

This operation is a surgical procedure to remove a section or the whole affected toenail in order to relief of pain and to prevent further complications of ingrown toenail occur.

Procedures

1. The operation is usually performed under local anaesthesia.
2. An oblique incision is made at the base of the toenail.
3. Part of the nail plate and nail bed are removed.
4. Granuloma or excessive skin is also removed (if any).
5. The wound is closed with sutures.

Possible Risks and Complications

1. Wound bleeding
2. Wound infection
3. Wound disruption
4. Recurrence

** The risks listed above are in general terms and the possibility of complications is not exhaustive. Please understand that even though all operations are carried out with utmost professionalism and care, this does not rule out the possibility of complications arising. In the event of peripheral organ damage or post-operative haemorrhage or leakage, further operations may be required.

Pre-operative Preparations

1. Good hygiene can prevent surgical wound infection.
2. The procedure and possible complications will be explained by the doctor and a consent form must be signed prior to the operation.
3. Please inform the doctor and nurse all your past medical history, previous surgical operations, current medication and any complication with drug or anaesthesia. Please inform doctor if you are taking medications that affect blood coagulation such as Aspirin, Warfarin, Xarelto or Pradaxa, nonsteroidal anti-inflammatory drug (NSAID) such as Ibuprofen, Naproxen and Chinese medication.
4. You should prepare a pair of fit slippers or sandals to wear after the operation.
5. The affected toe should be cleaned according to instruction before the operation.
6. Please change into a surgical gown after removing all belongings including undergarments, dentures, jewellery and contact lenses.
7. Please empty your bladder before the operation.

Post-operative Instructions

1. Please inform the nurse of wound pain. Proper pain relief treatment by injection or oral medication may be prescribed by the doctor.
2. The wound will be covered with an elastic adhesive bandage. If the affected toe turns pale or blue, feels cold or numb, please inform the nurse to re-adjust the bandage.
3. You should stay bed rest and elevate the affected leg to reduce swelling and pain on the operation day.
4. You are usually discharged on the same day after the operation depending on your condition.

Advice on Discharge

1. Prescribed pain medication may be taken as needed.
2. Excessive foot activities should be avoided in the first week.
3. Trimming toenails too short or too close to the skin should be avoided.
4. You should avoid driving until the wound has completely healed.
5. Wide-toed shoes or open-toed shoes for few days are recommended to avoid adding pressure on the affected toe.
6. You may take shower after the operation but must ensure that the dressing is waterproof and remains clean and dry.
7. Immediately consult your doctor or return to hospital for professional attention in the event of severe wound pain associated with redness and swelling, secretion of pus, massive bleeding, wound disruption, the toenail turning pale or blue and numb, shivering, high fever over 38°C or 100.4°F, or any other unusual symptoms etc.
8. Any follow-up consultations should be attended as scheduled.

Should there be any enquiries or concerns, please consult the attending doctor.

Under the professional care of the doctor, you will gradually recover. We wish you all the best during your treatment and recovery.

If you have any questions after reading the entire leaflet, please write them down in the spaces provided in order for the doctor to further follow-up.

Compiled by Union Hospital Operating Theatre (OT) Governance Committee

The above information is for reference only, please enquire your physician for details
Our Hospital reserves the RIGHT to amend any information in this leaflet without prior notification

