

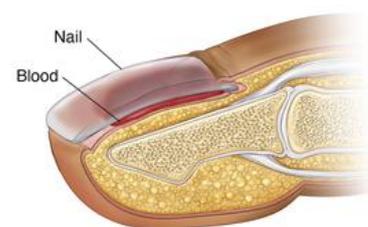


## Procedure Information

### Release of Subungual Haematoma

#### Introduction

Subungual haematomas are common nail bed injuries caused by blunt or sharp trauma to the fingers or toes. It results from the accumulation of blood between the nail and the nail bed. Pain is directly related to the injury itself and the increased pressure from the haematoma. Release of subungual haematoma can be performed to relieve the pain.



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#### Outcomes

The expected outcomes of this procedure are to relieve pain and improve cosmetic outcome.

#### Procedures

1. The procedure is performed without anaesthesia.
2. The injured digit of any dirt and debris are cleaned.
3. One or two small holes are made in the nail.
4. Digital pressure is applied to ensure complete release of the haematoma.
5. Additional hole may be needed if the first hole is occluded.
6. The wound is covered with a sterile dressing.

#### Possible Risks and Complications

1. Nail loss
2. Nail deformity
3. Wound infection
4. Wound haemorrhage

\*\* The risks listed above are in general terms and the possibility of complications is not exhaustive. Please understand that even though all procedures are carried out with utmost professionalism and care, this does not rule out the possibility of complications arising.

#### Pre-procedure Preparations

1. Good hygiene can prevent wound infection.
2. The procedures and possible complications will be explained by the doctor and a consent form must be signed prior to the procedure.
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.

## **Advice on Discharge**

1. Please comply with the medication regimen as prescribed by your doctor.
2. A tetanus vaccination may be given.
3. Mild blood oozing for 1 to 2 days after the procedure is normal.
4. The injury part should be elevated to reduce bleeding and swelling.
5. The wound must be kept clean and dry.
6. The nail can be soaked in warm water and pressure can be applied to express the haematoma if there is re-accumulation of haematoma.
7. Immediately consult your doctor or return to hospital for professional attention in the event of severe wound pain associated with redness and swelling, purulent or foul-smelling drainage, reddening of the digit, 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.

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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