

## **Wound Redressing Advice**

Poor hygiene, infection and trauma delay healing. Therefore, the following instructions should be followed as closely as possible. If any problems or queries arise, please do not hesitate to contact the clinic and ask to speak to the podiatrist.

### **How to redress your toe**

- Wash hands thoroughly before beginning and dry with a clean towel or tissue. Remove any dressing carefully and throw it away.
- Bathe your foot for no more than 5 minutes in a warm salt foot bath. Use enough water to cover the foot and add three-four table spoons of salt.
- Leave affected area to dry in the air do not rub or dry the area.
- Cover the affected area with melolin or another type of **non adhesive, sterile dressing** and secure the ends of the melolin loosely with micropore or a similar adhesive tape.
- Cover the dressing with tubinette (finger bandage) and secure with adhesive tape at the base of the toe.
- Avoid touching the part of the dressing that will be in contact with the wound.
- It is important that the dressing is kept clean and dry, apart from when having a salt foot bath.
- Elevate the foot whenever possible. If any pain is experienced, take tablets that you would normally take for headaches.
- Look after your toe. Do not wear tight footwear.
- Following this procedure will minimise the risk of developing an infection but it is still possible to get an infection. Infections can be identified by **increased pain, redness, odour and swelling**. If you suspect an infection please schedule an appointment with your podiatrist or GP for treatment and antibiotics. Antibiotics available on a private prescription at Feet in Focus which costs £15-25.

### **Dressings required**

These can be purchased from our clinic or your Pharmacist.

- Melolite or Melonin sterile gauze
- Micropore surgical tape to fix it.
- Tubigauz or Tubinette (Size 12 for big toes and Size 1 for smaller toes available from reception).

### **Preparing for surgery (if this has been recommended to you)**

If you have been advised to attend for nail surgery please read the following instructions:

- This procedure will take approximately 1-1.5 hours
- Make sure you have the dressings and paracetamol or ibuprofen ready for after the surgery (pain killers may not be needed.)
- Please bring with you some sandals or loose shoes, which will accommodate a bandaged toe. For convenience, we would ask ladies to wear socks, not tights or stockings.
- It is important to arrange transport home, as it is not advisable to drive yourself.
- At home, it is advisable to rest with your foot up for the rest of the day.
- You must return to the clinic for further dressings.
- The procedure will be carried out under local anaesthetic so you are able to eat normally before the surgery and some patients like to bring a surgery drink and magazine.

If you have any queries about the treatment options for ingrown nails, nail surgery or your recovery after surgery please contact the clinic on (02920) 644900 or email [info@feetinfocus.com](mailto:info@feetinfocus.com)