

## On the day of surgery

The nurses on the ward will apply a local anaesthetic cream with an adhesive dressing to your child's hand or arm. This allows us to put in a cannula (drip) with minimal pain.

Before the procedure the anaesthetist will answer any questions or concerns you may have relating to the anaesthetic.

Your child is likely to be away from the ward for approximately an hour and a half. Once they are awake in recovery you will be allowed to wait with them until they can be transferred back to the Children's ward.

On the ward your child will need to eat, drink and pass urine before going home that day. Occasionally children need to stay overnight and be discharged the following day.

Your child will have bandage dressings to their toes, which will need to be left on and kept clean and dry until their clinic follow up appointment; normally 10-14 days after surgery. **It is a good idea to make sure you child has some wide fitting sandals to accommodate dressings**

Royal United Hospitals Bath NHS Foundation Trust  
Combe Park, Bath BA1 3NG  
01225 428331 [www.ruh.nhs.uk](http://www.ruh.nhs.uk)

Please contact the Patient Advice and Liaison Service (PALS) if you require this leaflet in a different format, or would like to feedback your experience of the hospital. Email

[ruh-tr.pals@nhs.net](mailto:ruh-tr.pals@nhs.net) or telephone 01225 825656/ 826319.

## Ingrowing toenail

### Paediatric Patient Information

## What is an ingrowing toenail?

In growing toenails develop when the side of the toenails grow into the surrounding skin causing pain and inflammation. This often affects the greater toenails and can happen on one or both sides of the nail.

Symptoms for this include:

- Swelling and /or inflammation of the surrounding skin
- Pain if pressure is placed on the toe
- Overgrowth of skin around the affected toenail (hypertrophy)
- Bleeding
- Pus coming from affected area of toe
- Build-up of fluid (oedema) in the area surrounding the toe

## What causes in growing toenails?

Badly cut toenails are the most common cause - cutting the edges of the nail too short encourages the skin to grow over the edge of the nail and the nail to grow into the skin.

Wearing tight fitting shoes can also put pressure on the nails causing them to grow into the skin.

Occasionally an injury to the toe e.g. stubbing the toe can cause an ingrowing toenail.

## Treatments

Good foot hygiene - wash feet daily with soap and dry them thoroughly.

Wear comfortable well-fitting shoes.

Cut toenails straight across to stop the edges digging into surrounding skin.

*In some cases surgery may be an option if the above treatments have not worked.*

Surgery involves either a wedge of toenail being removed from the affected side or both sides if required. A chemical called phenol is then used to help prevent the removed area of nail from growing back in the future.

Occasionally we advise that the total toenail needs to be removed. There may be an indentation in the skin where the nail used to be. It is perfectly safe to not have a toenail.

Surgery is usually under a general anaesthetic. In older children this can be under local anaesthetic blocks that numb the whole of the toe.

A video to help prepare your child for [their treatment in](#) theatre can be found on the RUH website:

[https://www.ruh.nhs.uk/patients/services/clinical\\_depts/paediatrics/videos](https://www.ruh.nhs.uk/patients/services/clinical_depts/paediatrics/videos).

You will be advised in clinic what time to come into the Children's ward on the day of the procedure and when your child should stop eating and drinking before the anaesthetic.