

Toenail problems

TOENAIL SURGERY

Toenail surgery is employed to alleviate the following type deformities.

- * In growing toenail
- *Incurvated Nail
- *Fungus Nail
- *Thick Nail (Hypertrophied)
- *Injury to a Toenail

INGROWN TOENAIL AND INCURVATED NAIL

This is a condition in which portion of nail presses into the flesh, causing pain, redness and sometimes infection. If this condition is untreated, proud flesh may form along the nail border.

TREATMENT

This surgery is performed with or without local anesthesia. Preoperative X-rays may be taken to be sure there is no bone spur involved. Removal of a portion of the nail border causing the problem will give temporary relief. Permanent correction may be required if this is a recurring problem. This correction is performed under local anesthesia, and consists of removal of the offending portion of nail and nail root.

SUBUNGUAL EXOSTOSIS (BONE SPUR UNDER THE NAIL)

Sometimes deformed nails are associated with a small bone spur on the tip of the toe under the nail. This can cause considerable discomfort at the nail or just underneath. The skin between the nail and the bone can get pinched and sometimes a corn can form in that spot. If the nail is removed, without removing the bone spur, the corn will continue to form on the top of the toe. Therefore the most effective way to treat this condition is to make a small opening in the tip of the toe and insert a small surgical instrument to reduce the spur. This bone spur can easily be removed with this technique and helps to insure a lasting result. Sometimes a stitch or stitches are used to close the opening in the tip of the toe. Most likely there will be mild tenderness in the tip of the toe for a few days which will pass by quickly. Many people may not experience this tenderness. It may be more comfortable to cut a hole in an old shoe so that pressure from the shoe will not irritate this area. Your doctor may also wish to give you a surgical shoe (open wooden soled shoe) or suggest cutting out an old shoe. The ability to walk following this procedure is usually no problem. The bandage will remain on the toe for several days and the sutures are usually removed in the office one or two weeks after the operation. Again, only a mild amount of swelling and discomfort are usually expected.

LASER SURGERY

This involves the surgical removal of the deformed ingrown toenail, down to the root area of the toenail. After careful removal of all of the fungus tissues, if present, the root and remaining portion of the fungus tissue are treated with a laser beam for permanent removal of the affected portion of nail and nail root. This may involve surgery to a nail border and its root, or the entire nail and entire nail root.

CHEMICAL CAUTERIZATION FOR PERMANENT NAIL REMOVAL

This procedure involves the removal of one side of a toenail and the careful debriding and cleansing of this area for any type of fungus tissue that may be present. The root area of that portion of the toenail that is to be removed permanently is then treated with a chemical agent which destroys that portion of the root. If the entire toenail is removed, then the same procedure is employed for the entire tissue under the nail and the complete root area of the toenail to prevent the nail from growing back. Your doctor will dress your toe after laser or chemical surgery with appropriate medication, and give you instructions for home care and an appropriate prescription for medication to dress your toe. There is normally very little, if any, pain after either one of these surgical procedures. Your doctor will instruct you accordingly, and prescribe whatever appropriate medication you may need for pain. Usually, after the first day, you do not need to wear a cut-out or

surgical shoe, if you follow your doctor's instructions. You will usually be able to walk comfortably after either of these procedures. There will be some drainage from this type of surgery for several weeks. This is part of the normal result after surgery, and should not be mistaken for an infection.

POST-OPERATIVE CARE

Most of these surgeries can be performed in the office or on a same day surgery stay at the hospital. Walking is usually permitted immediately following the surgery. Your doctor may allow you to walk in a cut-out or surgical shoe. Your doctor may prescribe medication to be taken if needed for pain.

SUMMARY

Your doctor will instruct you as to the proper way to cut you nails in the future. If you have difficult nails to cut (incurvated or thick), your doctor will advise you to have periodic professional foot care at his office. You should follow your doctor's advice carefully to avoid any future problems with your toenails.

CONCLUSION

There may be additional methods of treatments for this common foot problem. Your doctor will discuss this with you. Each doctor develops a favorite treatment, and probably has the best percentage of results with that approach. Complete cooperation between you and your doctor is essential for a satisfactory result.

NAME OF PATIENT:

SURGERY:

DATE: _____ **TIME:** _____

PLACE:

_____ Hospital _____

_____ Surgicenter _____

_____ Office _____

_____ Other _____

PREADMISSION TESTING:

Date: _____

Place: _____

Time: _____

SURGICAL PROCEDURE(S):

INSTRUCTIONS:

Preoperative:

Postoperative:

ANESTHESIA:

SIGNATURE OF PATIENT: (Parent or guardian for minor)

SIGNATURE OF DOCTOR:



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Breaks in a Word document appear as labeled dotted lines on the screen. Using the Break command, you can insert manual page breaks, column breaks, and section breaks.

To insert a break, choose Break from the Insert menu. Select one option. Click on OK to accept your choice.

HOW TO WORK WITH SPACING

To reduce the spacing between, for example, body text paragraphs, click your cursor in *this* paragraph, and choose Paragraph from the Format menu. Reduce the Spacing After to 6 points, making additional adjustments as needed.

To save your Style changes, (assuming your cursor is blinking in the changed paragraph), click on the down arrow for the Style in the Styles and Formatting work pane. Select Update to match selection to save the changes, and update all similar Styles.

To adjust character spacing, select the text to be modified, and choose Font from the Format menu. Click Character Spacing and enter a new value.

OTHER BROCHURE TIPS

To change a font size, choose Font from the Format menu. Adjust the size as needed, and click OK or Cancel to exit.

To change the shading of shaded paragraphs, choose Borders and Shading from the Format menu. Select a new shade or pattern, and choose OK. Experiment to achieve the best shade for your printer.

To remove a character style, select the text and press Ctrl-Spacebar. You can also choose Default Paragraph Font from the Styles and Formatting work pane (accessible from the Format menu).

BROCHURE IDEAS

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