

Day Procedures Directorate Information for Patients

Ingrowing Toe Nail - Discharge Advice

When you go home and for the first few days

- Either a district nurse will call to your home or you will be advised to attend your GP Practice after you have had your operation. For your comfort and to assist the nurse we advise you to soak the dressings off your toe prior to her visits. This can be done by removing the outer dressings and then placing your foot in a bowl of warm water. Do not pull the dressings off.
- For the first few days keep walking to a minimum and after this gradually increase your walking. Whilst sitting always keep your foot well elevated
- The practice nurse will also take the stitches out if you have any to be removed
- When walking you should wear a slipper or sandal with an open toe as this will avoid any pressure that will make you feel uncomfortable
- You will normally have an outpatient appointment for approximately 4 to 6 weeks following surgery
- If you have any problems with your toe once the district nurse has completed her visits you should contact your GP

Please remember that you can contact the Day Procedures Unit or your GP for further advice. If your surgeon thinks it is necessary, an outpatient appointment will be made for you and sent given to you before your discharge from hospital. Your GP will receive details of your operation by post.

Contact Details:

Day Procedures Unit at Solihull Hospital 0121 424 4399 between 8am and 7pm Monday to Friday or Birmingham Heartlands Hospital A & E Department 0121 424 3263

Our commitment to confidentiality

We keep personal and clinical information about you to ensure you receive appropriate care and treatment. Everyone working in the NHS has a legal duty to keep information about you confidential.

We will share information with other parts of the NHS to support your healthcare needs, and we will inform your GP of your progress unless you ask us not to. If we need to share information that identifies you with other organisations we will ask for your consent. You can help us by pointing out any information in your records which is wrong or needs updating.

Information for Patients

Additional Sources of Information:

Go online and view NHS Choices website for more information about a wide range of health topics <http://www.nhs.uk/Pages/HomePage.aspx>

You may want to visit one of our Health Information Centres located in:

- Main Entrance at Birmingham Heartlands Hospital Tel: 0121 424 2280
 - Treatment Centre at Good Hope Hospital Tel: 0121 424 9946
 - Clinic Entrance Solihull Hospital Tel: 0121 424 5616
- or contact us by email: healthinfo.centre@heartofengland.nhs.uk.

Dear Patient

We welcome your views on what you thought of this patient information leaflet, also any suggestions on how you feel we can improve through our feedback link below:

- Patient Information Feedback email:
patientinformationleafletfeedback@heartofengland.nhs.uk

If you wish to make any other comments this can be done through the links listed below:

- Patient Opinion: www.patientopinion.org.uk
- I want great care: www.iwantgreatcare.org (Here you can leave feedback about your doctor)

Be helpful and respectful: think about what people might want to know about our patient information and this hospital and how your experiences might benefit others. Remember your words must be polite and respectful, and you cannot name individuals on the sites.

If you have any questions you may want to ask about your condition or your treatment or if there is anything you do not understand and you wish to know more about please write them down and your doctor will be more than happy to try and answer them for you.

