

A Guide for Patients and Families

Wedge Resection of Nail

What is an ingrown toenail?

An ingrown toenail happens when the corner or side of one of your toenails cuts into the skin next to the nail. It can be painful, red, swollen, and can sometimes get infected. An ingrown nail usually affects your big toe, but it may also affect your fingers.

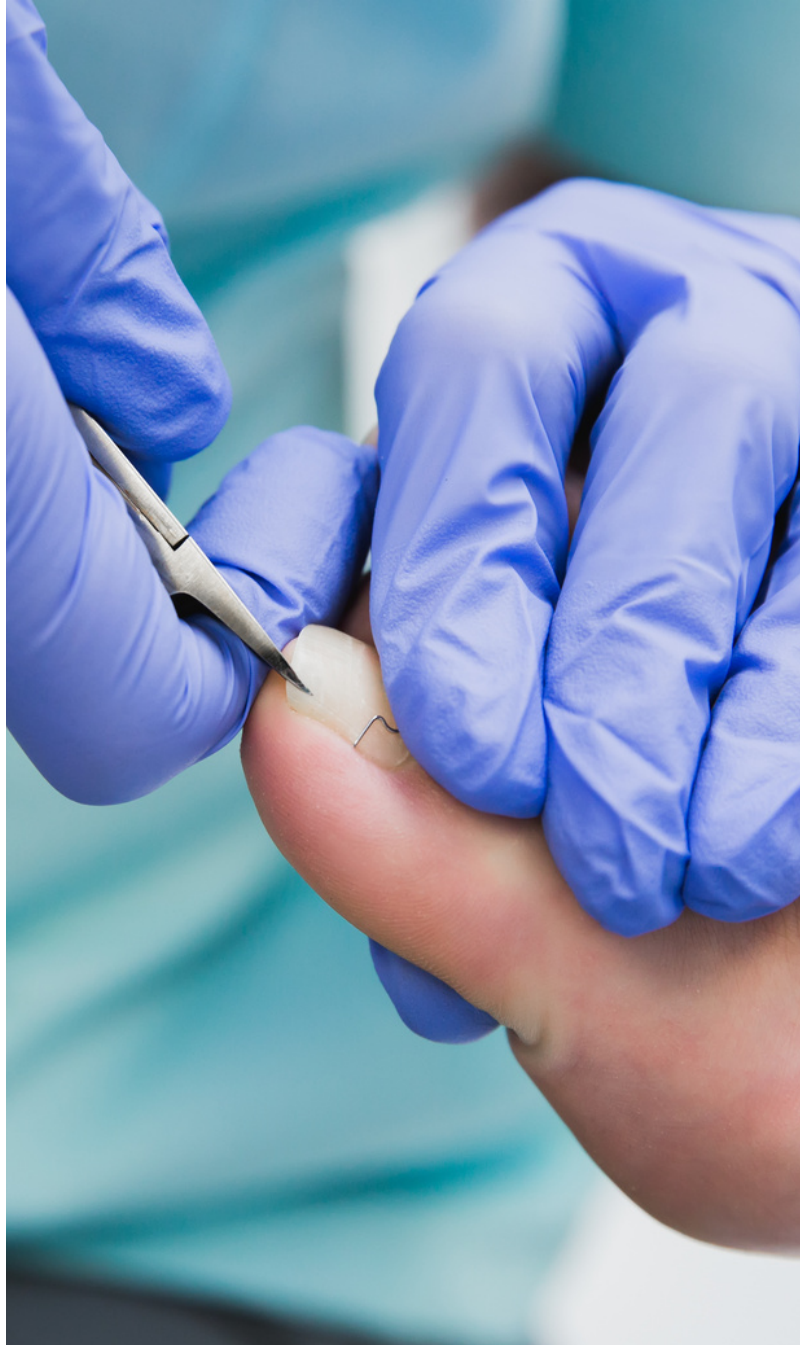
Who will need a nail resection or avulsion?

When the ingrown nail becomes infected or so painful that you cannot bear it, you may need a nail resection or avulsion. A wedge resection is a procedure to remove only the ingrown part of the nail. A nail avulsion is where the whole nail is removed. Nail avulsion may also be needed for chronic fungal infection of the nail or after a traumatic nail injury.



What is the process like?

1. The doctor will first make sure that you need to get this done, explain to you how it is going to be carried out and ask for your permission to do the procedure.
2. Next, an antiseptic solution is used to clean the affected area.
3. A local anaesthetic (numbing injection) is used to numb the toe or finger.
4. A cut is made along the edge of the nail that is growing into the skin. The nail is then pulled out. If there is any pus, it will be drained.
5. The whole procedure usually takes 30 to 45 minutes. You will then be observed for at least 30 minutes before you can go home.



Before the procedure:

- You do not need to fast for the procedure.
- If you are on long-term medication or other special medicine like aspirin and clopidogrel, do not stop unless you have been specifically asked not to.
- Wear loose clothing that is easy to remove if needed. Wear loose footwear or sandals that can make space for the wound dressing.
- Please arrive 30 minutes before your appointment for registration.
- Please come with your parent/guardian if you are below 21 years of age, unless you are a National Serviceman.
- Inform the doctor of any drug allergies you have.



After the procedure:

DO's

- Keep your wound clean, dry and covered
- Elevate your foot if bleeding ever occurs
- Lie in a comfortable position and avoid pressure on the operated area
- Take your medication as prescribed for pain relief

Don'ts

- Carry any heavy objects for the first 48 hours or longer.
- Drive a vehicle or operate any heavy machinery or tools within 24 hours after your surgery.
- Swim or soak the toe until the wound has healed.
- Wear covered shoes for the first 2 weeks. You may wear loose-fitting shoes or sandals until the wound has healed. Your doctor will advise you accordingly.
- Walk unnecessarily and be mindful of your surrounding 4 to 6 days after your surgery.



General Advice

- You will be given an appointment to come back to the clinic if you need to change your wound dressing.
- If the wound area continues to bleed despite the bandage, please come back earlier to see your doctor.
- There are no restrictions to your diet and you may continue to eat as per normal.

Complications (if any):

You may wish to proceed to your own attending or nearest hospitals for medical attention and advice.

- Allergic reaction to the local anaesthetic injection given.
- Excessive bleeding or bruising around the wound after the procedure. If this happens, keep pressing on the wound with a clean dressing for about 10-15 minutes. Please come back earlier to see your doctor if your wound becomes swollen, red or painful.
- Regrowth of the nail. This may happen in some people after a few months. If the problem returns, see your doctor early. You may be referred to a specialist to remove the nail and nail bed permanently.
- Change in the final appearance of the nail. After the procedure, the nail plate may become narrower than before. There is also a small possibility that the nail will look different from before.
- If the entire nail has been removed, the nail bed will be left exposed.
- Seek medical attention if the pain you are experiencing is not relieved after taking the pain killers.

