

Your child's ingrown toenail surgery

This leaflet is about your child's ingrown toenail surgery to treat a common condition where the nail grows into the toe. It explains what you should do before your child's procedure, on the day of the procedure and when you return home.

Your child's condition and procedure

Why does my child need toenail surgery?

Your child needs a procedure because their toenail is growing into the side of the nail bed. This is causing pain, inflammation and infection. The aim of the procedure is to remove part or all of the affected toenail, stop it growing again and treat your child's symptoms.

Are there any other treatment options to this procedure?

Mild cases of an ingrown toenail can be managed with simple footcare at home. If this has not worked, surgery can help your child.

Before your child's procedure

What needs to happen before my child's procedure?

We need to see your child at a pre-admission clinic. This clinic may take place face to face or online. We make sure that your child is ready for an anaesthetic, which is a medicine to make them sleep during the procedure, and surgery.

After the pre-admission clinic, our admissions team contacts you by letter, text message or phone. We offer you a date for your child's procedure. We also explain when your child should stop eating and drinking (fast) before their procedure.

Do I need to get pain medicine ready for my child?

Please make sure that you have a week's supply of paracetamol (a painkiller) and ibuprofen (an anti-inflammatory medicine) at home before the procedure. We do not routinely give these medicines to take home for your child after day surgery.

You can buy paracetamol and ibuprofen from a pharmacy, supermarket or shop. Paracetamol for children may also be called Calpol[®]. Ibuprofen for children may also be called Calprofen[®] or Nurofen[®]. You need the type of medicine that you would give your child if they were unwell with a cold or ear ache. If your child cannot take paracetamol or ibuprofen for any reason, please speak to their healthcare team about other options.

On the day of the procedure

When you arrive at the children's day surgery unit

We give you a time to arrive at the Evelina London children's day surgery unit. It is important that you arrive at the correct time and have followed the fasting instructions for your child. If you arrive late or have not followed the fasting instructions, we may not be able to do the procedure.

You and your child meet the surgical and anaesthetic teams on the admissions ward before the procedure. We confirm that you have given your permission (consent) for the procedure. You can ask us any questions that you may have.

During the procedure

We give your child a general anaesthetic. This is a medicine that makes your child sleep and stops them feeling any pain during the procedure. You can stay with your child until they are asleep. Please see our separate leaflet called "Your child's general anaesthetic" for details.

When your child is asleep, we remove a part of their toenail right down to its base (the nail bed). We may treat the nail bed with chemicals or a heated electrical device called a cautery to stop it growing again.

In more severe cases, we may need to remove the whole toenail.

Are there any risks to my child's procedure?

Every procedure has some risks of complications. To reduce these risks, we make sure that your child is well at the time of the procedure. We talk to you about the risks in the clinic and before the procedure when we confirm that we have your consent.

The specific risks of ingrown toenail surgery are:

- bleeding, which might cause bruising and discomfort
- an infection, which would be treated with antibiotics
- regrowth of the ingrown toenail, which might cause more discomfort and mean that your child needs another procedure

After your child's procedure

How will my child look and feel after their procedure?

Your child may feel drowsy after their surgery and sleep for a while. They may be restless (agitated) and upset for up to an hour after waking up from the procedure. Some children may have a sore throat and feel or be sick (vomit), but this is not common.

After the procedure, your child will have a big bandage covering their foot and toe on the affected side.

Will my child be in pain after their procedure?

During the procedure, we give your child a local anaesthetic medicine to make their toe numb. After the procedure, your child's toe will be numb for a few hours. It is likely to be sore when the local anaesthetic wears off.

When your child is awake, we give them paracetamol and ibuprofen regularly. You can continue to give your child these medicines as needed when they are at home. The nurses can guide you when the next amount (dose) of pain medicine is due.

When can my child eat and drink or feed after their procedure?

Your child should be able to eat and drink or feed as usual within 1 to 2 hours of the procedure.

Do we see the surgeon after my child's procedure?

Usually, the surgeon comes to see your child after their procedure. If the procedure was straightforward, they may give permission for the nurse to send home (discharge) your child. This avoids keeping you waiting until the surgeon has finished all the cases on their operating list.

When can my child go home?

Your child can go home on the same day as their procedure when they:

- feel comfortable
- can manage (tolerate) their usual food and drink
- are not feeling sick (nausea) or being sick (vomiting)
- are behaving as they usually do

Please supervise your child carefully on the journey home. According to the sudden infant death syndrome (SIDS) guidelines, it is best to avoid long car journeys for babies under 1 year of age. If you travel home by car, it is important that:

- you stop for frequent breaks to feed your baby and change their position
- an adult sits with the baby in the back of the car

Try to avoid making your child walk long distances on the journey home because this may cause more swelling.

After you go home

How do I care for my child's wound after their procedure?

The dressing covering the wound on your child's toe needs to be changed after a few days. Sometimes, the dressing can slip out of place or become uncomfortable before it is changed. If you have any concerns, your child should be seen by their GP, practice nurse at the GP surgery or nearest emergency department (A&E).

The first dressing change does not have to be done in hospital. The team that you see on the day of the procedure arranges for the dressing to be changed or removed. Usually, the practice nurse at your child's GP surgery does this. If you prefer to change the dressing yourself, please ask the team for instructions. They explain how to change your child's dressing and what to look for when doing this.

After the first dressing or bandage is removed, your child may not need any more dressings. Otherwise, they may have a sticky dressing or plaster on their toe.

Your child can have quick showers or baths after the first dressing change. This is provided that the wound is healing and there are no signs of infection.

For 2 weeks, your child needs to avoid swimming and getting the affected toe very wet for long periods. This is to prevent infection.

How can I manage my child's pain after their procedure?

After ingrown toenail surgery, we recommend giving your child paracetamol and ibuprofen regularly for up to 1 week and then as needed. Please remember to buy these medicines before

the day of your child's procedure. It is also important to make sure that your child drinks plenty of fluids.

It is safe to give the 2 medicines at the same time, ideally with food. This is easier to plan and the medicines work in different ways. You can give your child:

- 1 recommended amount (dose) of paracetamol every 4 to 6 hours and no more than 4 doses in 24 hours
- 1 dose of ibuprofen every 6 to 8 hours and no more than 3 doses in 24 hours

You may find the following chart helpful to keep track of your child's medicines.

Home medicine chart for parents

Medicine	Time to give	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Paracetamol								
Ibuprofen								

Do I need to look for any symptoms after my child's procedure?

Your child's toe will be sore and swollen at first. These symptoms are at their worst on the day after the procedure, but should gradually settle within a couple of weeks.

If your child's symptoms do not get better or become worse, this may be a sign of infection. You then need to make an appointment with your child's GP.

Sometimes, there is bleeding through the dressing after ingrown toenail surgery. Go to your nearest emergency department (A&E) for a dressing change if the blood is spreading or you are concerned about your child.

Do you see my child again after their procedure?

We do not routinely see children again after ingrown toenail surgery.

Contact us

If you **cannot keep your appointment**, contact our admissions team
phone 020 7188 9098, **email** gst-tr.paediatricadmissions@nhs.net

If your child has a **cough, cold or high temperature** in the 2 weeks before the procedure, contact our pre-assessment team, **phone** 020 7188 7188 extension 58209

If you have any **concerns between 7am and 9pm** about your child's surgery, call the children's day surgery unit, **phone** 020 7188 5300

If you have any **concerns between 9pm and 7am** about your child's surgery, call the Savannah ward through the main switchboard, **phone** 020 7188 7188

If you have any **concerns from 24 hours after surgery** about your child's health, contact your child's specialist surgical team or GP surgery, or **phone** NHS 111

If you are concerned that your child is **seriously unwell** at any time, go to your nearest A&E or **phone** 999

For more information on conditions, procedures, treatments and services offered at our hospitals, please visit **web** www.evelinalondon.nhs.uk/leaflets

Evelina London Medicines Helpline

If you have any questions or concerns about your child's medicines, please speak to the staff caring for them or contact our helpline, **phone** 020 7188 3003, Monday to Friday, 10am to 5pm
email letstalkmedicines@gstt.nhs.uk

Your comments and concerns

For advice, support or to raise a concern, contact our Patient Advice and Liaison Service (PALS), **phone** 020 7188 8801 **email** pals@gstt.nhs.uk. To make a complaint, contact the patient resolution team **phone** 020 7188 3514 **email** complaints2@gstt.nhs.uk

Language and accessible support services

If you need an interpreter or information about your child's care in a different language or format, please get in touch, **phone** 020 7188 8815 **email** languagesupport@gstt.nhs.uk

NHS 111

This service offers medical help and advice from fully trained advisers. They are supported by experienced nurses and paramedics, **phone** 111 (24 hours a day) **web** www.111.nhs.uk

NHS website

This website gives information and guidance on all aspects of health and healthcare. It can help you to take care of your child's health and wellbeing, **web** www.nhs.uk



Patient Information Forum

Leaflet number: 5392/VER1

Date published: June 2023

Review date: June 2026

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A list of sources is available on request