



TOENAIL DRESSINGS HANDBOOK

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DRESSING YOUR TOE AFTER NAIL SURGERY

The Nurse/GP has advised you to dress your toe(s) by yourself.

These are the steps you should follow:

1. Half-fill a clean basin with previously boiled water that you have allowed to cool until tepid. Add three tablespoons of table salt to the water and allow to dissolve.
2. Carefully remove the old dressing. It may need to be soaked off with some salted water.
3. Place your foot in the water for two minutes, then dry the foot thoroughly with a clean towel, avoiding the healing areas of the toe(s).
4. Apply Mepitel and place a new piece of Melolin dressing over the wound. Secure with Tubegauz® and hold in place with adhesive tape.
5. Make sure the area is not placed directly over the wound area.
6. Carry out the above **every other day** unless otherwise advised by your GP/nurse.
7. Please make sure any footwear you wear has enough room for your dressings.

Seek advice from your GP if you have **any** of the following:

- Extreme pain.
- Any acute redness, swelling or throbbing of the toes(s).
- Any pus discharging from the area.

If you are at all concerned about your toe(s), please seek advice from your GP or Nurse at Inverbervie Medical Practice.