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Partial Nail Avulsion for Ingrown Toenails

At the Auckland Ingrown Toenail Clinic, we understand that medical procedures can be a stressful and worrisome procedure. You can be assured that with every procedure, our experienced team take great care and follow the best-practice principles and clinical guidelines. We hope this information will help answer any questions and alleviate any concerns you may have. If you have any further questions, please don't hesitate to ask your Podiatrist.

About Your Ingrown Toenail(s)

Ingrown toenails is a painful condition where the nail pierces and penetrates the skin, and continues to 'grow into' the skin as the nail lengthens.

Causes of ingrown toenails vary greatly and may include an improper nail cutting technique, tight footwear, injury to the nail and a genetic predisposition, among other causes.

While the nail has penetrated the skin, pain, redness and swelling will continue, and there is an ongoing risk for infection. The solution is to remove the offending nail edge, or edges, through a procedure called a Partial Nail Avulsion (PNA).

The Procedure

A PNA is a minor nail surgery to remove the offending nail edge and stop it from growing back. It is an in-clinic procedure completed in less than **one hour**. It is completed under local anaesthetic at the toe(s) so no pain is felt. Once numb, a tourniquet is applied to reduce bleeding. There is no cutting or stitching involved.

The nail matrix, which is the area that produces the nail plate, is then treated with the chemical Phenol to prevent regrowth of the nail. The tourniquet is then removed. A sterile dressing is applied before you leave the clinic. The effects of the anaesthetic may last for several hours. On rare occasions, for medical reasons, we may decide not to operate when you come for your appointment.

Safety & Side Effects

You **MUST** inform your Podiatrist prior to the procedure if:

- You have ever had any unfavourable reactions to anaesthetic, or if this is your first time having anaesthetic
- You currently have an infection present in your body
- You have compromised blood flow and/or ability to heal wounds
- You have any other medical conditions

- You are taking any other medications

Side effects of anaesthetic may include *nervousness, dizziness, blurred vision, shaking, drowsiness, fits, loss of consciousness, breathing difficulties, low blood pressure and a slow heart rate.*

On The Day Of Your Procedure

On the day of the procedure, please make sure to adhere to the following guidelines:

- Please take a shower prior to the procedure
- Please remove all nail polish
- Do not consume any alcohol
- Eat a regular, light meal prior to the procedure
- Take any regular medication as normal unless otherwise advised
- Bring suitable footwear that will fit over a bulky dressing, such as jandals

Healing & Redressing

Your toe will take four to eight weeks to heal, depending on the severity of the ingrown nail and the presence of any infection. You will need to redress your toe daily following the procedure for the first week. You will be given re-dressing instructions and shown how to dress your toe during the next appointment. After one week, a simple dressing using betadine and a bandaid will suffice, unless otherwise advised by your Podiatrist.

- Dressings should be kept dry, and changed if they become wet. Excess moisture at the toe can delay and complicate healing.
- Small amounts of blood and discharge on the dressings is normal. Please inform your Podiatrist if bleeding and discharge continues for longer than one week.
- Do not use any additional creams or solutions that your Podiatrist has not advised.
- Avoid strenuous activity or pressure on the toe until it has healed.
- Pain in the days following the procedure is normal. You can take paracetamol as instructed to help manage the pain.
- You may require time off from work or school during your recovery.
- We advise that you rest and elevate your foot as much as possible following your procedure for most efficient recovery.

If you have any questions or concerns during your recovery or if you experience any unexpected pain or complications, contact your Podiatrist immediately.