

# Ingrown Toenail Wedge Resection

## INTRODUCTION

A wedge resection is performed for toenails that have recurrent infection. Most commonly the infection involves the big toe. The infection occurs because the toenail becomes ingrown into the nail fold.

## THE SURGERY

Ingrown toenail wedge resection involves a number of steps:

- General anaesthetic and IV antibiotics
- Tourniquet around the toe
- Oblique incision at the base of the toenail
- Excision of the ingrown outer 1/5 of the nail
- Excision of the affected germinal matrix (the cells that make new nail grow)
- Closure of the incision with sutures
- Local anaesthetic block
- Surgical shoe

## GUIDELINES FOR POST-OP RECOVERY

### HOSPITAL ADMISSION

- Patients go home on the day of surgery

### FIRST 2 WEEKS

- Elevate foot and rest
- Full weightbearing as tolerated in surgical shoe
- Crutches for balance and support if required
- Dressings to stay completely dry and intact
- Strong painkillers as required
- Antibiotics for 10 days

### 2 WEEK POST-OP APPOINTMENT

- Review by Dr Zilko and nurse for removal of dressings and sutures

### AFTER POST-OP APPOINTMENT

- Transition to normal supportive shoes
- Keep the toe DRY for a further 1 week to minimise the risk of recurrent infection
- Return to most activities from 3-4 weeks

Full recovery is usually within 4-6 weeks

*Every patient's recovery is individual and depends on the severity of the injury/disease and complexity of the surgery.*