

We want your toe to heal as quickly as possible, healing can be delayed if the toe becomes infected or is injured. To help your toe to heal quickly follow the podiatrist's instructions on how to look after your toe.

The podiatrist will show you how to change the dressing at your first redressing appointment. They will also advise you on how often you need to change the dressing. You may need to keep your toe dry until the wound has healed; your podiatrist will advise you on this.

Please read through this leaflet fully before dressing your toe.

What you will need

- Jug of salt water: put a handful of cooking salt in a jug of cooled boiled water that is luke-warm.
- Clean bowl big enough for your foot.
- A sterile non stick absorbent dressing
- Tubinette or tubigauze*.
- Adhesive tape such as Micropore or Mefix*.

How to change the dressing

Wash your hands thoroughly before beginning and dry them with a clean towel.

- 1 Remove the old dressing and throw it away.
 - 2 Cleanse the toe by placing your foot in the bowl and gently pouring the salt solution over your toe. You may soak the toe in the salt water for 5 minutes instead.
 - 3 Dry gently and thoroughly around the toe without touching the affected area. Pat gently rather than rubbing the toe.
 - 4 Cover your toe with the sterile dressing and strap it to your toe with a thin strip of adhesive tape. Don't wrap the tape around the whole toe.
- Make sure that you don't touch the side of the dressing that will go next to the toe.**
- 5 Cut a length of tubigauze that is approximately 3 times the length of your toe.
 - 6 Place the tubigauze over the sterile dressing, twist the tubigauze 1½ times and pull it back over the toe. Secure with adhesive tape at the base. Again don't wrap around the whole toe.

Don't forget

- For the first few days after surgery sit with your foot up whenever possible. If pain is experienced, take painkillers that you would normally take for a headache - **not** aspirin (always following recommended doses).
- Look after your toe - avoid knocking or injuring the toe as this will delay healing.
- Avoid wearing tight shoes as this will put pressure on the toe and could delay healing.

- Healing can be delayed if the toe gets wet or dirty. Keep your toe clean and dry, apart from when you cleanse it with salt water.
- The signs of infection are:
 - Colour - white skin will usually become bright pink or red. Brown or black skin may become darker.
 - Swelling - the infected area may be puffy and appear swollen.
 - Temperature - the infected area may feel hot to the touch.
 - Pain - the infected area may throb and be more painful
- It is normal for the wound to weep a watery/red/non-odorous fluid. If this becomes yellowy/green with an unpleasant smell an infection may be present.
- **If two or more of these signs are present please phone the podiatrist for advice as soon as possible or see your GP as you may need antibiotics.**

After care

- The toe will be healed when you have removed three consecutive clean, dry dressings and you can then stop dressing the toe.
- Very rarely, a small section of the nail can regrow. If this happens and is causing discomfort then please contact the Podiatry Service - details overleaf.

A&A PODIATRISTS

Michael Abrahams BSc (Hons) MChS & Associates
Dav Laifer BSc MChS and Joseph Gaffin BSc (Hons) MChS

9 Station Road, Radlett, Hertfordshire WD7 8JY

01923 856235

feet@painfreefeet.co.uk www.painfreefeet.co.uk