

## Preventing Ingrown Toenails

Ensure feet are measured so that shoes are fitted correctly. Most ingrown toenails are caused by poorly fitted shoes and socks.

Cut toenails straight across - not in a rounded shape. Leave a little of the white showing at the end of the nail.

Be sure to cut the toenails before they become too long in case they break or tear. When they break or tear the nail may be too short and grow "in" to the side of the toe instead of "out".

### Other advice

Children should be able to return to school a week after surgery.

Contact sports such as football should be avoided until after their first return appointment (usually 2 weeks after the procedure).



### Children's Day Ward

Open from 08:00 - 17:00hrs

Telephone: 01 4142295 or  
01 4142160 out of hours.

Developed by Day Ward nursing staff  
& Nurse Practice Development, NCH,  
Tallaght, Dublin 24. (December 2007)

# Patient Information Leaflet



## Care of your child following repair of ingrown toenail



THE ADELAIDE & MEATH  
HOSPITAL, DUBLIN  
INCORPORATING THE NATIONAL CHILDRENS  
HOSPITAL

### Statement of Values

Respect - Caring -  
Openness - Partnership -  
Teamwork Fairness &  
Equality

## What is an ingrown toenail?

When a toenail grows into the skin and the surrounding skin becomes swollen, red and infected. It causes pain and discomfort especially when the sore nail rubs against socks and shoes.

## How is it treated?

The ingrown segment of nail is removed. Sometimes it is necessary to remove the entire nail.

## How is it done?

The removal of the nail segment is performed in hospital under local or general anaesthetic. It is a day case procedure which means the child can go home on the day of surgery once he/she has recovered.

## How can we help our child to recover after the procedure

Your child will need to rest with their foot up on a bed/couch for at least 24 hours after the procedure.

The toe will be bandaged so ordinary shoes will not fit. Loose fitting slippers or open toe sandals are advised for the journey home.

## What can be done to increase my child's comfort after the procedure?

Your child will receive pain killers during the procedure which should ease discomfort after surgery.

Your child will require pain killers when you get home. Medicines such as paracetamol (Calpol or paralink) and Ibuprofen (Nurofen) are the usual pain killers that are given to children. Your child may require this medicine for a few days after the procedure.

Ask the nurse for the leaflet "Managing your child's pain at home"



Sometimes distracting your child from thinking about their toe can help too. Plenty of books and games that he/she can play quietly with are a good idea.

## What do I need to do after the operation?

It is important that you bring your child for their dressing appointments. Their bandages will be changed and their toe checked for any complications such as infection.

If you notice any fresh blood or smelly ooze on the bandage and your child appears to be in a lot of pain you should contact your GP or the hospital.

An antibiotic may be prescribed if the toe becomes infected.