

# Goole Surgical Treatment Centre



## Foot Surgery Day Surgery Unit



*Welcome and thank you for making  
Goole Surgical Treatment Centre your first choice*

## **Introduction**

You have been referred to the Day Surgery Unit for one of the following reasons.

### **Avulsion of toenail**

Surgical removal of the toenail.

### **Ablation of toenail**

Surgical removal of the toenail and application of phenol to the nail bed to try to prevent re-growth of the nail.

### **Zadik's procedure**

Surgical removal of the nail bed to try to prevent re-growth of the nail.

### **Exostectomy**

Surgical removal of excess bone.

### **Removal of ganglion**

Surgical removal of a common soft tissue 'lump'.

### **Bunion surgery**

Surgical removal of excess bone.

These procedures are performed either by a general anaesthetic or local anaesthetic (by freezing' the area with a series of small injections).

## **Why is this surgery required?**

To help to prevent infection and/or discomfort.

## **What are the risk of this surgery?**

Bleeding may occur from the wound site. If so, apply pressure and if the bleeding persists, seek advice.

There is a slight risk of your wound becoming infected, if you experience redness, excessive tenderness or persistent oozing, seek advice.

Discomfort following this surgery is common, please ensure you have adequate painkillers at home.

Uncommonly, there is a risk of developing a blood clot in the veins of one of the legs (deep vein thrombosis or DVT). Please seek advice if any symptoms such as swollen (hard), hot, painful calf (lower back of leg) are experienced.

## **Effects of a general anaesthetic**

### **Nausea**

If you experience this following surgery, drink plenty of fluids and take light meals.

### **Headache**

This is not unusual following a general anaesthetic. Simple painkillers will help to relieve this.

## **Before you arrive**

Prior to your admission you will have been advised when to stop taking diet and fluids.

Please have a shower or bath before coming to the ward.

We request that you do not wear make-up, nail-varnish or jewellery (except for wedding ring).

Please bring any medication that you normally take (even if infrequent), a dressing gown, slippers and a book or magazine to read.

Please leave valuables at home.

## **Following a general anaesthetic please arrange**

An adult to escort you home and care for you for the first 24 hours after discharge.

Not to use machinery, cook, or sign documents for 24 hours.

### **Please remember**

Not to drive for 2 weeks, or as advised.

Time off work as advised. (Following a general anaesthetic you will require 48 hours off work).

## **What will happen when I come in for my surgery?**

Please report to the reception desk.

You will be asked to wait in waiting area.

A nurse will take you upstairs to prepare you for your operation.

You will be asked to wear a theatre gown (a locker is provided for your clothing) and your blood pressure will be taken.

Please tell the nurse if you have any medical changes or change of social circumstances.

The surgeon will come to see you, mark the operation site (if applicable) and take your written consent for your operation.

You will wait for your surgery in a mixed sex seated area. When it is time for your surgery the nurse will walk with you to the anaesthetic room.

## **After the surgery**

If you have had a general anaesthetic, you will wake up in the recovery suite.

When you are fully awake you will be transferred into the recovery lounge (seated area). Light refreshments will be provided.

Your foot will be bandaged to protect the wound.

Your foot may feel heavy and numb, gradually the sensation of pins and needles follow and the return of normal sensation.

You may feel some discomfort, if so, the nursing staff will give you prescribed pain relief on request.

When you are adequately recovered the nurse will provide you with discharge advice, answer any questions that you may wish to ask and arrange for you to go home.

## At home

You may require painkillers after the effects of the anaesthesia has 'worn off'.

Elevate your foot and exercise toes to encourage circulation.

Depending on the type of surgery, the outer layer of bandage may need to be removed after 48 hours by your GP's practice nurse (please make an appointment for this).

Keep the wound clean and dry.

A 2 - 3 week outpatient appointment will be sent to you by post to review your surgery and remove the stitches (if applicable).

**If you have any problems after your surgery please contact one of the following:**

**Goole & District Hospital:**

**Ward 7** Tel: 01724 290040 (08:00-20:00 Mon-Fri)

**Your own GP.**

## Concerns and Queries

If you need further assistance, the Patient Advice and Liaison Service will be able to help. They can be contacted on:

**Goole & District Hospital**

PALS Administration Manager 01724 290172

or by email: [pals@nlg.nhs.uk](mailto:pals@nlg.nhs.uk)

## Confidentiality

Information on NHS patients is collected in a variety of ways and for a variety of reasons (e.g. providing care and treatment, managing and planning the NHS, training and educating staff, research etc.) It is stored on paper and on computerised systems in line with the Data Protection Act

1998 Everyone working for the NHS has a legal duty to keep information about you confidential.

Information will only ever be shared with people who have a genuine need for it (e.g. your GP or other professionals from whom you have been receiving care) or if the law requires it, for example, to notify a birth. Please be assured however that anyone who receives information from us is also under a legal duty to keep it confidential.

## Zero Tolerance - Violent, threatening and abusive behaviour

The Trust and its staff are committed to providing high quality care to patients within the department. However, we wish to advise all patients/visitors that the following inappropriate behaviour will not be tolerated:

- Swearing
- Threatening/Abusive Behaviour
- Verbal/Physical Abuse

The Trust reserves the right to withdraw from treating patients whom are threatening/abusive/violent and ensuring the removal of those persons from the premises.

All acts of criminal violence and aggression will be notified to the Police immediately.

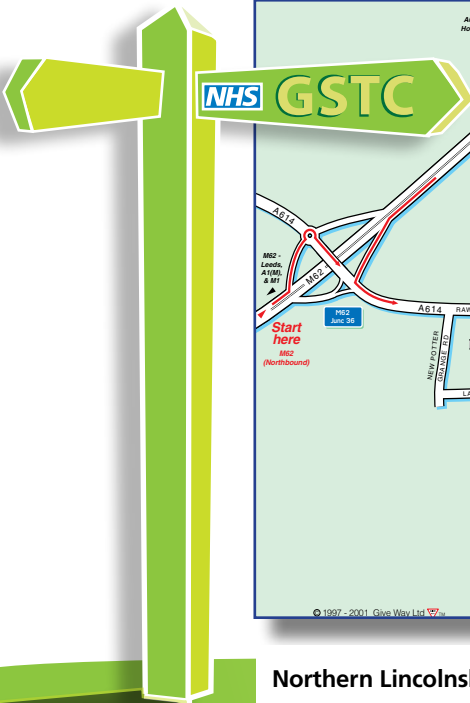
## Risk Management Strategy

The Trust welcomes comments and suggestions from patients and visitors that could help to reduce risk.

Perhaps you have experienced something whilst in hospital, whilst attending as an outpatient or as a visitor and you felt at risk. Please tell a member of staff on the ward or in the department you are attending/visiting.

# Contact Number:

Goole & District Hospital: Ward 7 Tel: 01724 290040



**Northern Lincolnshire & Goole Hospitals NHS Foundation Trust**  
**Goole & District Hospital**  
Woodland Avenue, Goole, East Riding of Yorkshire DN14 6RX  
Telephone: 01724 387886 Fax: 01724 290488  
[www.go2goole.co.uk](http://www.go2goole.co.uk)

IFP 476

© NLGH-FT 2008