



Wedge resection of ingrown toenail

Informed consent: patient information

1. What is ingrown toenail?

An ingrown toenail is a painful condition of the toe that occurs when the sides or corner of the toenail grows into the skin around it. The disease mostly affects the outer edge of the big toe, although the nail on both sides of the toe, or nail on any toe can become ingrown.

An ingrown toenail can become painful and inflamed (tender, red, and swollen). This often results in draining, foul-smelling granulation tissue and hypertrophy (outgrowth) of the involved nail fold. If the area becomes infected, you may notice fluid or pus, and symptoms that get worse rather than better.



2. What causes ingrown toenails?

Two most common reasons are ill-fitting shoes and improperly trimmed nails.

3. What is the treatment for an ingrown toenail?

Nonsurgical (conservative) measures are appropriate in patients with mild to moderate ingrown toenail who do not have significant pain, substantial erythema, or purulent discharge.

- wearing well-fitting shoes
- soaking the affected toe in warm, soapy water
- Placing a cotton bud under the ingrown lateral nail edge – after every soaking
- Trimming nails straight across, without tapering or rounding the corners

Surgical interventions are recommended for moderate to severe ingrown toenails to prevent recurrence.

4. What is wedge resection procedure?

The surgical technique that Dr Woo commonly uses for ingrown toenail is wedge excision of the lateral edge of the nail plate and surgical excision of the lateral horn of the nail matrix.

The operation is usually performed under local anaesthesia so called “digital block” and takes about 10-15 minutes.

It involves cutting out about 5-7mm width of offending side of nail plate along with the area of tissue in the corner that your toenail grows from. The excessive granulation or hypertrophied tissue will also be removed. The wound will be dressed in Petrolatum gauze (Jelonet), cotton, and elastic bandage for compression to minimize bleeding.



Dr Jong Woo
Specialist General Surgeon

Suite 15, 247 Ryedale Rd
Eastwood 2122

Level 2, 88-90 Water St
Auburn 2144
T: 02 9874 9002
F: 02 9874 5543
Info@drjongwoo.com.au

5. What are the risks of the wedge resection procedure?

Pain, bleeding, allergic reaction to the local anaesthetics, unsightly scarring, wound infection, infection in the underlying bone

6. What do I expect after the procedure?

- You will be able to go home a short while after your surgery.
- The toe should be rested and preferably elevated during the first 12-24 hours. Paracetamol or other analgesics as recommended or prescribed by your doctor may be taken to relieve pain.
- The elastic bandage should be removed in 24-48 hours and wash the area with soap and water.
- Gently dry the area and start to apply antibiotic ointment twice daily until the wound is completely healed. Avoid baths, swimming, or soaking the toe for the next 2 weeks. Try to keep the toe clean and dry.
- Your bandage will help to pad and protect the wound, while absorbing discharge from the wound. Please keep the wound bandaged for at least 1 week after the surgery.
- You should wear loose-fitting shoes or sneakers for the first 2 weeks after the procedure. Avoid running, jumping, or any strenuous activity for two weeks after surgery.
- Call your doctor if you develop increasing pain, swelling, redness or drainage from the toe.
- You will need to make an appointment to see your GP in 10-14 days to review the wound and remove a stitch.