



SML
SURGICAL CARE

INGROWN TOENAIL SURGICAL TREATMENT

Your Guide to a Safe and
Comfortable Procedure

Welcome to SML Surgical Care

We are committed to providing expert minor surgical care with a personal touch. This leaflet will guide you through your ingrown Toenail surgery, explaining what to expect before, during, and after your procedure—helping you feel comfortable, prepared, and confident.

What is an Ingrown Toenail?

An ingrown toenail occurs when the edge of the nail grows into the surrounding skin, causing pain, swelling, and sometimes infection.

Common Causes:

- Improper nail trimming (cutting nails too short or rounding the edges)
- Tight or ill-fitting footwear
- Repeated trauma (e.g. sports or stubbed toes)
- Genetic predisposition to curved nails
- Poor foot hygiene

This condition most commonly affects the big toe and can become increasingly painful if left untreated.

Why Choose SML Surgical Care?

- ✓ Specialist-led clinic with surgical experience
- ✓ Modern Comfortable treatment facilities
- ✓ Minimally invasive technique to reduce recurrence
- ✓ Comprehensive care with no hidden fees
- ✓ Trusted follow-up and ongoing patient support

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Book a Consultation Today

Let us help you walk pain-free with confidence.

About the procedure: What to expect

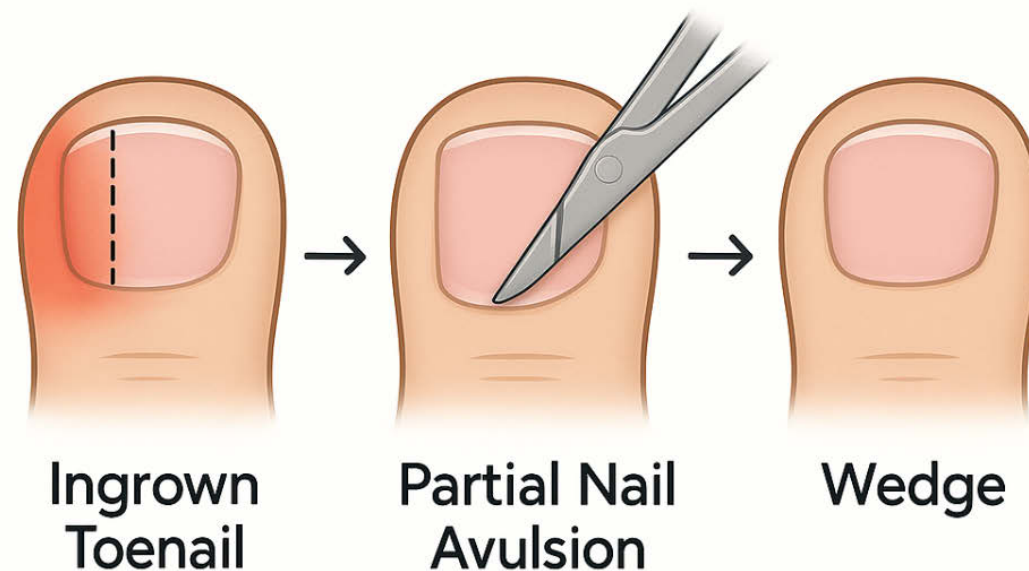
If conservative treatments fail, minor nail surgery is a simple and effective solution to relieve pain and prevent recurrence

Procedure Overview:

- The toe is cleaned and numbed with a local anaesthetic.
- Part (the ingrown side) of the affected toenail is gently removed.
- The toe is dressed with a sterile bandage.

Duration: 20–30 minutes

Same-day procedure with minimal downtime



Aftercare: Wound Care Advice

Caring for the site properly will help prevent infection and promote healthy healing.

Post-Operative Instructions:

- Keep the foot elevated for the first 24–48 hours to reduce swelling.
- Avoid getting the dressing wet for the first 48 hours.
- Take simple analgesia as advised
- Avoid tight footwear and strenuous activity for 1–2 weeks
- Watch for signs of infection, increasing redness, discharge, or worsening pain.
- Healing time is usually 7–14 days, with most patients returning to normal activities after.