

Wedge Resection

What is the problem?

A wedge resection is performed for toenails that have recurrent infection. Most commonly, the infection involves the big toe. The infection occurs because the toenail becomes ingrown into the nail fold.

What's involved?

Wedge resection surgery involves:

- General anaesthetic and intravenous antibiotics
- Oblique incision at the base of the toenail
- Excision of the outer 1/5 of the toenail
- Excision of the outer 1/5 of the germinal matrix (the cells that produce new nail)
- Closure of the wound

What are the possible risks?

All surgical procedures carry some risk. The risk of complications with this wedge resection surgery is low. Some of the risks include:

- Recurrent infection
- Problems with wound healing
- Regrowth of a spicule of nail in the nail fold.
- Deep vein thrombosis (DVT) or pulmonary embolism (PE). The risk of DVT increases with smoking, the oral contraceptive, hormone replacement therapy, immobility and obesity).
- Anaesthetic complications
- Drug allergy
- Ongoing pain

What can I expect after surgery?

Rest and elevation

You will have a bandage on your foot following surgery.

- Keep your foot elevated as much as possible, particularly during the first 72 hours.
- Keep your dressings dry and intact until your postoperative appointment.
- Mobilise for short distances as pain allows.
- Aim to remain in your own home for the first few weeks limiting long periods of standing or mobilising.
- Do not weight bear for the first 2 weeks.

Pain Management

Pain relief may be required for approximately 2 weeks, depending on your individual circumstances and other medications. This may include:

- Regular paracetamol.
- Anti-inflammatory medication, where appropriate.
- Breakthrough opioid-type medication, if required.

Driving

Your ability to drive safely will depend on which foot has been operated on, your mobility, footwear and your ability to safely control the vehicle.

- Right foot or both feet: you should not drive for a minimum of 2 weeks.
- Left foot: if you drive an automatic vehicle, driving may be possible, but Dr Phegan recommends waiting a minimum of 2 weeks before attempting to drive.

You should be able to safely control the vehicle and perform an emergency stop before returning to driving. Check with your insurer if required.

Follow up

Your first post-operative appointment will be arranged by Dr Phegan's rooms. A confirmation SMS will be sent with the date and time.

Keep all dressings dry and intact until your post-operative appointment.

Stitches (sutures) are typically removed at your first post-operative appointment with Dr Phegan and his in-house therapists, usually 10–14 days after surgery. Occasionally, some sutures may need to remain in place for longer to allow adequate wound healing.

Typical recovery milestones

Time after surgery	Expected milestones
1 week	Wound review and dressing change.
2 weeks	Wound review and removal of sutures.
2-6 weeks	Increase weight bearing as tolerated.
6 weeks – 3 months	Work on swelling reduction, scar management and mobility.
3 months	Full recovery is expected for most patients

These timeframes are a guide only. Every patient's recovery is individual and depends on the severity of the injury and the complexity of the surgery.

When should I seek help?

If you have concerns about your recovery, please contact your treating team.

During office hours

Dr Phegan's office

Phone: **(07) 5671 1120**

Email: info@drphegan.com

After hours

Please contact the hospital where your surgery was performed or attend your local GP or emergency department.

If you experience a medical emergency, seek urgent medical attention or call 000.

Important information

This information sheet provides general information about your surgery. Your individual treatment and recovery may differ.

Please follow the specific instructions provided by Dr Phegan and your treating medical team, particularly regarding weight-bearing, medications, wound care, follow-up and driving.

If you are unsure about any aspect of your recovery, please contact the practice for advice.