

Making an appointment

For more information or if you wish to make a booking please call GP Care on 0333 332 2107 or email us at GPCare.Minor-Surgery@nhs.net, providing a telephone contact number.

Our dedicated service team is available Monday to Friday 8.00am to 6.00pm.

We will send you a confirmation email or letter, directions to your chosen clinic, your payment receipt and a consent form. Please read this and take it with you when you go for your procedure.



Payment

For up to date pricing please visit our website at www.gpcare.org.uk and find the details under the 'private services' section.

If you have an initial consultation but decide not to go ahead with the procedure, the surgical fee will be refunded to you.

Locations

We hold our clinics in local GP practices which all have access to free parking. For specific clinic locations head to our website: www.gpcare.org.uk.

Who is GP Care?

GP Care is a recognised provider of community based healthcare services including diagnostics, outpatient and ancillary services to NHS and private patients.

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Removal of
ingrowing
toenails

Private Toenail Removal Service

Why Have Toenail Removal Surgery?

Toenail surgery is normally required to remove ingrowing toenails which can be caused by injury or incorrect nail trimming. This can often lead to increased curvature of the nail causing the nail edges to press into the tissue, which can be painful and possibly lead to infection.

Prior to the procedure

You will have a pre-op assessment with a fully trained foot practitioner to assess if the procedure is suitable for you.

We understand that any medical procedure can be a cause of anxiety. That's why our experienced staff are there to support you throughout your appointment.

On the day

On the day of your surgery you can eat and drink as normal and take your usual medications unless advised otherwise. Ensure your feet are clean and remove all traces of nail polish from your toes. Please bring open toed footwear (for example flip flops) that will fit over post-operative dressings which can be quite bulky.

We advise that you arrange for someone to take you home as it is best to avoid driving after you have had the surgery. If possible, you should also avoid travelling home via public transport to reduce the risk of injury.



The procedure

A ring block local anaesthetic will be injected into the toe to numb it completely for the duration of the procedure and a few hours after. The surgery itself only takes 10-15 minutes. A sterile dressing will be applied immediately after the procedure. You will then remain for a short period at the clinic with your foot elevated. The dressing will be checked to make sure there is not too much bleeding before you leave the clinic.

Local anaesthetic

The anaesthetic we use is similar to that used in dental surgeries so you will be awake throughout your appointment. You will feel an initial sting from the anaesthetic injection, it then makes the area being treated feel numb. The effect will wear off gradually over 3 – 4 hours. You should rest and elevate the foot as much as possible for 24 – 48 hours post-surgery. If needed, take over the counter painkillers (eg paracetamol) to reduce any discomfort. Avoid taking aspirin as a painkiller but continue aspirin if prescribed by your doctor for other reasons.

Infection

There is an extremely low risk of post operative infection for this type of surgery and you will be given advice about how to care for your wound. However, if you start to experience symptoms such as redness or heat in the wound or feel unwell please contact your GP as soon as possible.

It normally takes between 6 – 12 weeks for your toe to completely heal. It is advisable to avoid any vigorous activity for 2 - 3 weeks.

After your appointment

After your appointment we will send your GP a written discharge summary so your patient record is up to date.

If you experience any excessive bleeding or pain, please contact either GP Care, your GP or your local Minor Injury Unit.

Who will perform the Surgery?

Your ingrowing toenail will be removed by one of GP Care's Minor Surgery clinicians. They are all experienced General Practitioners with specific expertise in this field, they are not however consultants or plastic surgeons.

If you will be claiming the cost of your procedure from your private medical insurance, you are advised to check with them about this before booking.