

Nail Surgery

Introduction: What is nail surgery?

Nail surgery involves the total or partial removal of the toe nail plate. This requires destruction of the whole or part of the nail matrix (the cells where a nail plate grows from). When a patient is troubled by severe in-growing nails it may be desirable to avulse (remove) the nail (total nail avulsion) (TNA) or part of the nail (partial nail avulsion (PNA)).

Nail surgery is a sterile invasive procedure carried out under Local Anaesthetic. A sterile field has to be created around the affected area. This will be carried out by the Podiatrist.

It can be a partial or total nail removal (avulsion) for long term treatment of ingrown toe nail (onychcryptosis) or very thickened nails (Onycauxis) that are giving rise to painful symptoms.

Cryo-surgery...Is used at the Emscote Therapy Centre for the treatment of lesions that are caused by a virus known as Veruccae Pedis – there are number of effective methods that will eradicate this virus - Liquid Nitrogen is one such method.

Foot surgery...Consultant Orthopaedic & Podiatric foot surgeons operate and carry out bone surgery of the foot, such as, removal of what are commonly known as bunions, (Scarf Osteotomy) and straighten claw toes et cetera.

At Emscote Therapy we directly liaise with specialist in this field that provides you with the option to be seen in National Health Service or privately at one of the local Specialist Private Hospitals. This type of invasive surgery is not available at Emscote but we will be able to advise whether such surgery is likely to be appropriate and will recommend an efficient course of action to suit your need.

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Nail and Cryo surgery

Emscote Therapy is able to offer all forms of chiropody and podiatric treatment other than invasive foot bone surgery.

Peter Robinson' approach to disorders of the foot is to find a non-surgical intervention that can be achieved. However this will not always be possible. If bone surgery is required Peter will be able to provide names of Orthopaedic Foot Consultants who can perform the necessary surgery.

Peter Robinson can provide from a well equipped treatment room both nail and cryo surgery. He is qualified to provide any required Local Anaesthetics for nail surgery procedures. In addition Peter has many years experience using these procedures.

What is cryo surgery?

Cryo surgery is a form of treatment for viral lesions such as Veruccae Pedis.

It involves the use of liquid nitrogen (which is held at a temperature of -196° C) applied via a probe to the surface of the lesion for a controlled length of time. The liquid nitrogen freezes the lesion causing rupture and implosion of cells allowing the body's own inflammation and healing to clear away the virus and therefore the Veruccae. It can take several treatments to obtain resolution of a lesion.

Peter does not recommend cryo therapy for children under 11 years of age. Type One Veruccae Pedis virus will resolve of its own accord when the body's own immunity is ready to deal with it. However, there are many mutation forms of veruccae that still require treatment and so I recommend all should technically be treated to avoid spread and passing on the virus to others.

The criteria for treating are as follows.

- If the lesion is growing in size.
- More lesions are appearing.
- The lesion has become painful.