

NORTH BAY GENERAL SURGERY

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Vandenbos Procedure

Vandenbos Procedure: It is a minor surgery in which the overgrown or excessive skin is removed from around your nail.

Benefits: <ul style="list-style-type: none">• Procedure is only required once as it 'cures' ingrown nails• The nail is not affected, resulting in better cosmetic outcomes	Disadvantages: <ul style="list-style-type: none">• Recovery time is longer; usually 6-8weeks
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Preparing for Surgery:

- Research the procedure. We recommend going on YouTube and watching a video of the procedure.
- Purchase Ibuprofen and/or Tylenol for pain control after surgery
- Purchase some 2x2 gauze, roll bandages gauze, and tape

On the day of Surgery:

- You may want to have someone drive you home from the procedure
- Bring your Health Care Card
- Velcro strap shoes/sandals to wear home
- Please arrive 30 min early to your appointment at ACU

Aftercare instructions from Surgery:

- Leave the dressing on for 24 hours, try to rest for the first day and elevate the foot as much as possible. If you are experiencing pain take the recommended doses of Tylenol/Ibuprofen.
- 24 hours after surgery: Soak your foot in warm water. Remove the dressing while the foot is in the water. It may bleed when you are removing the dressing, and this is normal. After the dressing has been removed continue to soak it for 15-20 min. After soaking, dry your foot and then put 2 pieces of gauze (2x2) on your toe. Secure the gauze by snugly wrapping the roll gauze around the toe 2-3 times. Use tape to hold in place.
- Soak your foot 1-2 times a day in warm water until the toe is completely healed.
- After one week do not put a bandage or dressing on the toe. Leave it open to the air.

Can I put cream or ointment on my toe? It is not usually necessary to put any cream/ointment on your toe. If your toe(s) continues to bleed after your soak, you can put a blob of Polysporin or Vaseline on the wound(s) before bandaging. Do not use peroxide or alcohol disinfectants.

My toe looks a bit red and infected. Is this normal? Yes, this is part of the normal healing process - antibiotics are generally not necessary.

When should I contact the surgeon? You should contact the doctor if the redness worsens or goes beyond the area around the surgery (i.e. if the redness goes beyond the toe, onto the foot), if your pain worsens, or if the bleeding is excessive and does not stop.

Can I play sports after my surgery? Some people return to regular activities after 1 week. Other people find that they need longer. Activities that do not cause significant pain will not affect the healing of the toe.

Can I shower after the procedure? Yes, you can shower after the procedure. Have a shower with the bandages on, then do a 15-minute soak.