

What is the Vandenbos procedure?

The Vandenbos procedure is indicated for patients with chronic ingrowing toenail, usually caused by redundant overlying nail fold tissue..

To begin, a “ring block” is done at the base of the toe with xylocaine and a tourniquet is wrapped tightly around the toe. The toe is then washed with an antiseptic wash.

An incision is made and the excess tissue over the nail is removed.

Cauterization with a hyfrecator is done on the tissue of the wound to reduce post operative bleeding and pain.

A snug dressing is applied.

A prescription for pain medication and laxatives along with instructions will be provided.

Once home, the foot should be elevated for 1-2 days and weight bearing should be avoided for 2-3 days.

An appointment will be made at the clinic 2 and 4 days after the procedure for the dressing changes.

**Have questions or
concerns?**

Please call:

**Westgrove Clinic
780-962-9888**



**westgrove
clinic** SPRUCE
GROVE



**After Care
for
The Vandenbos
Procedure**

Supplies required for your procedure:

- Mepital and Adaptic dressing for initial dressing (\$15 to be paid the day of surgery). These dressings are required to decrease the risk of bleeding and prevent dressing from sticking to the wound.

Supplies required for dressing changes at home:

- 4x4 gauze
- Vaseline
- Non-adhering dressing
- 2" kling dressing
- Saline, also called saline solution, is sterile salt water. It can have different amounts of salt in it. "Normal" saline has about 0.9% salt. You can make it or buy it.
- Clean basin to soak foot

Instruction to make saline water:

- Get a clean storage container and mixing utensil. Either wash them in the dishwasher or boil them for 5 minutes.
- Use 1 quart (4 cups) of warm potable (drinking) water
- Add 2 teaspoons of table salt.
- Mix the water and salt well until the salt is completely dissolved.
- Cool to a comfortable temperature before using.
- Saline solution can be stored at room temperature in a tightly covered glass or plastic bottle. You can keep it for up to one week. Always label it and include the date.

Caring for your wound post surgery:

- Dr. Bailey or a clinic nurse will apply the first dressing of Mepital and adaptic immediately after the surgery.
- You will need to return to the clinic 2 and 4 days after your surgery for your first two dressing change with a nurse. You may want to take your pain medication 1hour prior to this dressing change. This appointment will be approx. 45 min. At this appointment, you will be taught how to continue caring for your wound at home.
- Dr. Bailey requests you soak in water to remove your dressing then soak your toe in saline water for 20 minutes to clean your wound and re-apply a dressing twice a day for 4-6 weeks post surgery.
- It is common for minimal bleeding to occur after soaking
- Avoid weight bearing and keep foot elevate the affected foot for the first few days post surgery to decrease the risk of bleeding.

Signs and Symptoms of Infection:

- Area around wound becomes red and tender
- Pain increases
- Wound becomes yellow or black in colour
- Yellow discharge/pus appears
- You develop a fever over 38 degrees Celsius

If signs and symptoms of infection develop contact Westgrove Clinic during business hours. Let the staff know you had the Vandenbos procedure done and you suspect you have an infection and require an appointment with Dr. Bailey.