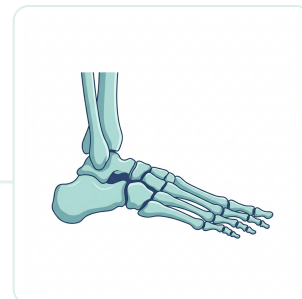


PATIENT EDUCATION · SOFT TISSUE & BIOPSY PROCEDURES

## Nail Unit Biopsy

A nail unit biopsy involves sampling tissue from the nail or surrounding area when concerning nail changes need further evaluation. It may be recommended when medically necessary to obtain a tissue diagnosis.

### At a Glance



For educational illustration only.

|                            |                                                                                                                                     |
|----------------------------|-------------------------------------------------------------------------------------------------------------------------------------|
| <b>Focus area</b>          | Soft Tissue & Biopsy Procedures                                                                                                     |
| <b>Goal of care</b>        | A nail unit biopsy involves sampling tissue from the nail or surrounding area when concerning nail changes need further evaluation. |
| <b>Where it's provided</b> | In our office or a surgical center, based on your evaluation and what is clinically appropriate.                                    |
| <b>Your next step</b>      | A consultation with Dr. Stephen Wigley IV to review your symptoms and options.                                                      |

### Who May Benefit

- Patients with concerning or changing nail discoloration
- Those with a persistent nail abnormality
- Patients needing a tissue diagnosis to guide care

### How We Evaluate

- Examination of the nail and surrounding tissue
- Discussion of when a biopsy is appropriate
- Pathology coordination and result review

### When to Seek Care

- A new dark streak or discoloration in a nail
- A changing or non-healing nail abnormality
- Nail changes that concern you

### Treatment Options

- Monitoring when appropriate
- Nail unit biopsy when medically necessary
- Referral based on findings

### What to Expect

1

An explanation of the procedure and why it is recommended

2

Coordination of pathology

3

Follow-up to review results

## Your Surgery Journey — Before, During & After

### BEFORE SURGERY

- Complete any requested labs, imaging, or medical clearance
- Review your medications with us — some may need to be paused
- Follow eating/drinking instructions if anesthesia is planned
- Arrange a ride home and loose, comfortable clothing
- Wash the foot the night before; remove nail polish if asked

### DURING SURGERY

- Local anesthesia numbs the area for most office-based procedures
- You may feel pressure or movement, but should not feel sharp pain
- Most procedures take roughly 30–90 minutes
- Our team monitors your comfort throughout

### AFTER SURGERY

- A sterile dressing protects the surgical site
- You may receive a surgical shoe or boot for walking
- Mild soreness is normal as numbness wears off
- Written instructions and follow-up scheduling before you leave

## Dr. Wigley's Post-Op Instructions

1. Keep the dressing clean, dry, and in place until we remove or change it — no peeking.
2. Elevate the foot above heart level as much as possible for the first 48–72 hours.
3. Apply ice as directed (about 20 minutes on, 20 off) over the dressing — never directly on skin.
4. Take medication exactly as prescribed; stay ahead of pain rather than chasing it.
5. Follow your weight-bearing instructions and wear the surgical shoe/boot whenever walking.
6. No soaking, baths, swimming, or getting the site wet until cleared at follow-up.
7. Call the office right away for: fever over 101°F, spreading redness, foul drainage, bleeding through the dressing, severe pain not relieved by medication, or new calf pain/swelling.
8. Keep every follow-up appointment — healing is monitored at each visit.

**Important:** These are general guidelines. Always follow the personalized instructions given to you at your visit — they take priority over this handout. Questions after surgery? Call (305) 895-9528.

## Common Questions

### Why might I need a nail biopsy?

Concerning nail changes sometimes require a tissue sample for diagnosis. Your care team will explain whether it is appropriate for you.

## Sources & Further Reading

- American College of Foot & Ankle Surgeons — [FootHealthFacts.org](http://FootHealthFacts.org)
- American Academy of Dermatology — [aad.org](http://aad.org)
- MedlinePlus, U.S. National Library of Medicine — [medlineplus.gov](http://medlineplus.gov)

**Questions?** Call Wigley Feet at (305) 895-9528 to schedule an evaluation. New patients can also request an appointment at [www.wigleyfeet.com](http://www.wigleyfeet.com).