

Excision of Morton's Neuroma

Surgery is performed as a day case under general anaesthetic. The procedure takes 20 minutes. It is successful in 90% of cases.

Technique

A 5cm incision is made on the top of the foot between two toes (occasionally it is necessary to approach the nerve through a cut in the sole of the foot) and the affected nerve is removed.

The skin is stitched and a wool and crepe bandage applied.

Risks

All surgery carries potential risks. The risks are minimised by having the surgery meticulously performed by an expert in foot and ankle surgery. Risks include

Pain, swelling, and bruising - will occur to some degree following all foot and ankle surgery

Infection - approximately 2% in our unit

Blood clots (thrombosis) - treatment to reduce this risk will be provided if required

Numbness - You will have an area of numbness between the two toes affected as the nerve has been removed.

Stiffness - this improves over time and helped by physiotherapy

Scar sensitivity - can be improved with scar massage

Incomplete improvement - occasionally symptoms will be improved but remain present to a small degree. Recurrent injuries can also occur

Discharge advice following Excision of a Morton's Neuroma

Dressings

Your foot has been dressed with a wool and crepe bandage. This dressing should not be changed until you are seen at your first follow-up appointment after 2 weeks. The dressing must be kept clean and dry.

Elevation

It is very important that you rest as much as possible and keep your foot elevated for the first 48 hours after surgery. Try to avoid letting it hang down when sitting as this will lead to swelling and pain. This is most apparent within the first 2 weeks but swelling may occur for up to 6 months after surgery, especially after sitting or standing for long periods. In bed, put the foot on a pillow.

Analgesia

You will receive a prescription for pain medication on discharge. Pain is often due to swelling, and this is eased by rest and elevation of the foot.

Walking

A special shoe has been supplied for you to wear over your dressings which should be worn during the day. A physiotherapist will show you how to use crutches and apply the shoe. It is

necessary for you to initially walk by taking the weight on your heel so that you don't put pressure on the toes. It is not necessary to wear this shoe in bed.

Follow-up

You will be seen after approximately 2 weeks when the dressings and stitches will be removed. The foot is often slightly swollen at this stage and so a comfortable pair of loose fitting shoes or trainers will need to be worn and should be brought to the clinic. You will then be reviewed again at 6 weeks.

Driving

You should not drive a manual car for 2 weeks following surgery. After this you should start gradually to see if you are comfortable. It normally takes a few days to feel confident. If you have an automatic car and have only had the left foot operated upon then you may drive after 2-3 days.

Work

If you have an office based job then you should be able to return after 2 weeks. If you have a more physical job then it may take 4 weeks.

Recovery

It often takes 3 months for all swelling to resolve following surgery and so minor swelling late in the day is not unusual and should not be a cause for concern.

For more information please contact us:

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or visit www.bfaclinic.co.uk