

## Birmingham Foot Clinic Advice Guide Neuroma

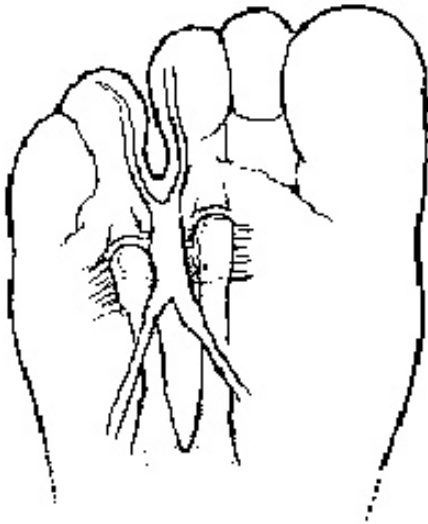


Diagram of Morton'  
Neuroma



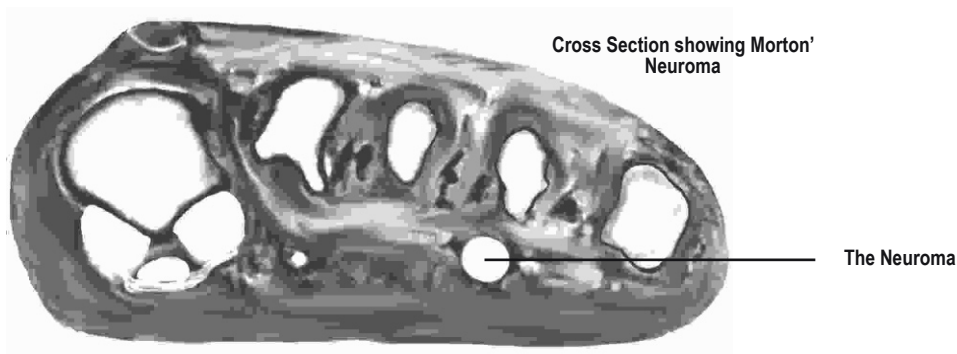
Neuroma Site Healed  
Photo 8 Weeks After Surgery

### About Your Operation

Plantar neuroma or Morton's Neuroma (or fibrous lump on the nerve) is a cause of a painful forefoot which is not related to an outward deformity of the foot.

Classically it is located between the 3rd & 4th metatarsal heads, but it can occur between others.

Non surgical methods such as orthoses and / or steroid injection occasionally help but, when well established, the only satisfactory curative treatment for this painful condition is excision of the neuroma usually through a small incision on the top of the foot.



## Problems / Risks Associated with Neuroma Excision Surgery

- Thickened scar and/ or tender scar - may reduce over 12 months
- Areas of numbness - may reduce over 12 months
- Infection (sudden increase in pain and swelling at 2 to 3 days after surgery - or later)
- Regrowth of nerve from resection site / entrapment of nerve stump within scar tissue which may require steroid injection therapy or re-excision possibly through a plantar incision.

## On the day of surgery

On the day of surgery you may eat and drink as normal unless you are being sedated or having a general anaesthetic (follow anaesthetic advice sheet). It is essential that you are accompanied and have made arrangements for transport home, this should not be public transport. Following the surgery, for a typical period of 2 to 3 weeks, you will not be able to drive as your insurance will be invalid.

Neurectomies are usually carried out under a local anaesthetic. With a local anaesthetic you will not be asleep, however you will feel no pain during the operation due to the pain blocking properties of the local anaesthetic given.

Discomfort will only be experienced when the local anaesthetic injections are given, which feel the same as most other injections you may have received in the past. A good comparison is a dental anaesthetic for a filling.

The operation lasts between 20 to 40 minutes in total. You can bring a book or a music cassette if you wish to help you relax and feel comfortable during the procedure.

## What is a neurectomy

A neurectomy is an operation that is often used to treat pain in the forefoot that radiates into the toes. This is usually the result of enlargement of a nerve between the metatarsal bones of the foot. The operation involves the removal of this enlarged nerve. A common complication following a neurectomy is numbness in the adjacent aspects of the toes supplied by the enlarged nerve. Though feeling will return to some extent there is usually some permanent deficit.

## Problems

Following the advice given to you will greatly reduce the risk of a problem. If you are however concerned about anything before or after your surgery you can speak to a member of the team directly on Tel:07970 740 522.

If your call is an emergency and you are unable to get through, you may also contact your GP who will be aware of the surgery you will have had.

## Self care

After the operation you should sit with your leg raised and knee slightly bent for at least 8 hours. For the first 3 days you will need to take pain relieving tablets (analgesics) as prescribed or advised. It also helps during the first 8 hours to place a bag of frozen peas, rapped in a towel across you ankle for 10 minutes per hour. Walking in the first 48 hours should be limited to essentials only e.g. going to bed or the toilet, and for the first week should be limited to indoors only.

Stitches are usually removed at 2 to 3 weeks after the operation. From this point you can wear normal footwear, however it is strongly advised that you wear a training shoe or similar for 2 months after the operation to help in the healing process.

You may experience swelling and unusually sensations in the foot for some period (up to 6 months) following the surgery, however this will gradually subside.

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