



## Morton's neuroma surgery

### What does the operation involve?

A small incision over the affected area and the nerve is either released or excised. The operation can be performed under local or general anaesthetic as a day case. The incision may be made on the top or bottom of the foot.

### What about pain?

Whilst you are in hospital you will be monitored and the medical staff will give you painkillers as required and prescribed. When you are at home you should find Paracetamol or Ibuprofen adequate for controlling any pain you have.

### How long does it take to recover?

You will have a bandage on your foot but will be allowed to weight-bear. You will have stitches in the wound, which should be kept dry and clean until they are removed, usually 7-14 days after the operation.

The recovery period is between 4 -6 weeks. As with all foot surgery you will experience some swelling. This is normal and can be reduced by elevating your affected foot/leg as much as possible after the operation.

You should be able to drive after a few days provided you can operate the pedals safely without obstruction or pain. Swimming is possible once the sutures are removed and the wound is healing satisfactorily.

You are advised not to fly after surgery for about 6 weeks.

### When can I go back to work?

This will depend on the type of work you do. If you are a manual worker and need to wear protective shoes it may be 2-4 weeks until you can comfortably get your protective foot wear on. If your work is desk-based you will be able to go to work after a few days provided you can rest your foot/leg during the course of the day.

### Can anything go wrong?

All operative interventions have an inbuilt risk and complication rate. The risks following Morton's neuroma surgery are as follows:

- Infection in the wound
- Stump neuroma (painful swelling of cut end of nerve)
- Prolonged swelling of the forefoot
- Recurrence of symptoms

Most literature published on Morton's neuroma surgery gives a success rate of between 80-90%. The above complications are rare but can occur.