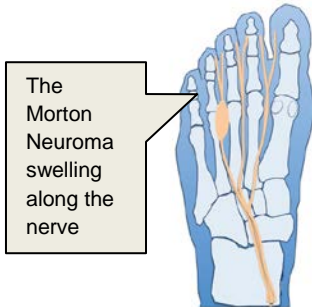


## Morton's Neuroma Surgery

Morton's neuroma is a common condition characterised by compression of an enlarged nerve fibre (neuroma) between your toes. Hard soled shoes with a narrow toe box or high heel make it worse. Symptoms include



- A sensation that you are walking on a pebble
- Numbness or “dead” feeling in the middle toes
- Relief removing shoe and rubbing the foot
- An ultrasound scan of your foot may be requested to identify the precise site of the swelling and its size.

### Do you need an operation at this point?

In most instances your symptoms can be managed adequately with well fitting shoes with a low heel, prescribed insoles, calf stretching or a steroid injection. An operation is offered to you if you continue to suffer significant discomfort despite the above measures and after being examined and counselled by a member of the foot and ankle team. This operation is usually successful in alleviating the pain of this condition in about 75% of patients.

**Smoking and poorly controlled diabetes increases risks significantly and should be addressed before surgery.**

### What does the operation involve?

The operation is done as a day case but come prepared in case you need to stay overnight. It involves removing the nerve through a small incision on the top of your foot and is normally performed under general anaesthetic with a nerve block.

### Typical post-operative period

You can weight bear as tolerated straight away in the surgical shoe provided  
You must keep your foot raised **above your hips** as much as possible in week 1  
Generally off work and driving for 2-3 weeks  
Wound review at 2 weeks to remove stitches and reduce dressing  
Please massage foot and mobile toes at this stage  
Final follow up around 6-8 weeks

### What are the possible complications of surgery?

- Most Common
  - Numbness / altered sensation between the affected toes.
  - Ongoing pain or recurrence in around 25% of patients
  - Sensitive scar.
  - Infection.
- Uncommon
  - Deformity of the toes or a Regional Pain Syndrome.
  - Injury to the blood vessels of the toes eventually leading to toe amputation
  - Blood clots in the leg or rarely the lung (PE) with can be fatal.