

MORTON'S NEUROMA EXCISION

Information: Neuromas can be treated without surgery. Neuromas are due to scar formation around the digital nerve in your foot. If you decide to have surgery, then the nerve and scar tissue are removed. This will help with your pain, but it does leave numbness between the toes in the webspace. Risks of surgery include, but are not limited to, infection, wound healing issues, scar formation, swelling, stiffness, pain, numbness, injury to vessels, recurrence or a stump neuroma, need for future surgery, and/or perhaps a condition you may feel is worse or not much better from your preoperative status. Most patients can drive, and depending on their job, most patients can return to work fairly soon after surgery in a postoperative shoe.

On the Day of Surgery: The scheduling team will call you with your arrival time one day prior to your surgery. Once you arrive at the facility, the staff will direct you where to go. I will meet you in the preoperative holding area where we can discuss any remaining questions that you have and review the surgical plan. You and the anesthesiologist will determine the type of anesthesia that is best for you. Often, a block is provided by the anesthesiologist. This will decrease the amount of pain after surgery. The risks of anesthesia/block will be discussed with the anesthesiologist. You will then be brought to the operating room.

After Surgery: I will discuss the details of the surgery with your guest and review the postoperative plan. You will be taken to the recovery room and sent home when the nurses and anesthesiologist think you are suitable for discharge. You are allowed to weight bear on your heel only in a postoperative shoe. You will be sent home on pain medicine with the hope that you can discontinue it as quick as possible.

Anticipated Postoperative Course:

Time Postoperatively	Description
0 – 2 Weeks	Heel weightbearing ONLY in a postoperative shoe. Elevation above the heart is <i>EXTREMELY</i> important during this period.
10 – 14 Days	Appointment with Dr. Boden. Anticipate suture/staple removal. Begin scar massage as instructed below.*
2 – 4 Weeks	You may transition to full weightbearing in the postoperative shoe. Pain and swelling are the limiting factors, and you are allowed to gradually advance your activity based on your symptoms. Most people can exercise approximately 4 weeks postoperatively. * Scar massage instructions: Use vitamin E oil to gently massage the incision in a circular clockwise motion, vertical up-and-down motion, and horizontal side-to-side motion. Plan to do this twice a day for 20 minutes.

Disclaimer: These are general statements and may not apply specifically to your care. I may modify as needed for your individual care.

4 – 8 Weeks	Most patients can transition out of the postoperative shoe and into comfortable shoes. You may begin exercising.
8 Weeks	Follow-up appointment with Dr. Boden to monitor progress. You can continue to advance your activities at this time.
8 – 10 Weeks	At 8 weeks postoperatively, you should be gradually advancing your activities, and by 10 weeks postoperatively, you should be getting back to some sense of normal.
10 – 16 Weeks	You can resume all activities at this time including high impact activities. You will begin to feel that this is “behind you,” and although you are not fully normal / healed, you should be doing quite well. Swelling is the last issue to resolve and may be 6 – 12 months for any foot surgery. You will notice that your two toes are numb, and this is normal.
4 Months	If there are no issues, this is your final follow-up appointment with Dr. Boden. I’m happy to see you at any time postoperatively if there are any issues or you have any concerns. <i>Thank you for the opportunity to take care of you!</i>

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