

Neuroma

Information: Neuromas can be treated without surgery. Neuromas are due to scar forming around the digital nerve in your foot. If you decide to have surgery then the nerve/scar is removed. This will help with your pain, but leave your 2 toes numb. Risks of surgery include, but are not limited to: infection, wound healing issues, scar, swelling, stiffness, pain, numbness, injury to vessels, recurrence, need for future surgery, perhaps a condition you may feel is worse or not much better from your preoperative status. If you need an excuse for work, please let us know before surgery. Most patients can drive and depending on your job, most can return to work soon in their postoperative shoe.

On the day of surgery: You and your anesthesiologist will determine what is best for your surgery. 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 be brought to the operating room and your leg will be cleaned for surgery. Drapes will then be placed over your leg and your entire body to keep our field clean. You will be given antibiotics before/during surgery. I will perform your surgery (perform an incision, perform the surgery as above and as we discussed in the clinic, remove the nerve/scar, close the tissue/skin, and then place a dressing on your foot that must remain on until your first postoperative visit with me). After surgery, I will discuss the surgery with your guest that day.

After Surgery: You will be taken to the recovery room and sent home when the nurses and anesthesiologist think you are suitable for discharge. You will be placed into a postoperative shoe. You may walk in this device. You will be sent home on pain medicine with the hope that you can discontinue it as quickly as possible.

Postoperative Course:

2 wks – My team or myself will see you for dressing/suture removal and you will begin scar massage. Pain and swelling are the limiting factors and you may advance your activities as your symptoms allow. Most can begin to exercise around 4wks.

8 wks – I will see you again for recheck if needed. Most are doing well at this point

8-10 wks – You continue to advance your activities, getting back to some sense of normal

10-16 wks – 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 can be 6-12 months for any foot surgery. You may notice that your 2 toes are numb, and this is normal. I’m happy to see you at any time during the scheduled visits or unscheduled visits if you have questions/concerns. *Thank you and I will take excellent care of you!*

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