

MORTON'S NEUROMA



OVERVIEW

- Foot neuroma, also known as Morton's neuroma, involves thickening of tissue around nerves in the foot.
- Common symptoms include sharp, burning pain, numbness, or tingling sensations in the ball of the foot or between toes.
- Treatments aim to alleviate pain, reduce inflammation, and improve foot mechanics.

Conservative Management:

Footwear Changes:

- Wearing shoes with a wider toe box and lower heels can reduce pressure on the affected area.
- Orthotic Devices: Custom orthotic inserts or padding can redistribute pressure on the foot and provide support.
- These usually only offer little relief in some minor cases.

Medications:

- Nonsteroidal anti-inflammatory drugs (NSAIDs) may help reduce pain and inflammation.

Corticosteroid Injections:

- Injections can reduce inflammation and alleviate pain associated with foot neuromas. The relief is usually only temporary. [Please refer to the "Infiltration" leaflet for further details.](#)

Surgical Management:

- Considered in severe cases where conservative treatments fail.
- Options may include nerve removal or release of pressure on the affected nerve.
- Potential risks of surgery include infection or recurrence of symptoms.

SURGERY

[For more detailed information about what to expect in relation to surgery, please refer to the leaflet "Day of surgery essentials".](#)

Pre-procedure:

- You will receive a scheduled time for your procedure from our practice manager, Elzette.
- Fill in the forms sent to you by our office via email or find the forms online at www.ankledoc.com under "Patient Corner".
- Upon arrival at the hospital, you will undergo the standard admission procedure.
- Nurses will admit you to the ward and ask you medical questions to ensure your readiness for the procedure.
- It is often helpful to bring a list of your chronic medications.
- Relevant foot/feet will be marked with a marker for identification.

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During the procedure:

- When it's your turn, you will be escorted to the theatre.
- You will briefly meet with your doctor before being anesthetized.
- You will receive an ankle block to provide pain relief after the surgery.
- The doctor will make an incision on top of your foot between your 3rd and 4th toes.

Post-procedure:

- After the procedure, you will be taken to the recovery room to wake up fully from anaesthesia. Once fully awake, you will be returned to the ward.
- Most of our patients remain in hospital for only one night. It is important that you sleep in-hospital so that your pain can be managed with intra-venous medication and your ankle block can wear off. It also gives Dr Wessels and the physio time to visit you.

Aftercare and rehab:

- You will be in a special post-op boot for 3 weeks.
- Rehabilitation is very important. Work together with the physio to obtain an acceptable range of motion for your foot.
- A feeling numbness and swelling may be experienced over your foot for 6 weeks. Swelling is only concerning if it is worse when you wake up and if there is a new and worsening pain associated with it.

Wound care:

- 3 weeks post-op is also the time when your stitches can be removed if the wound has properly healed. Please refer to the leaflet demonstrating how to remove the stitches if you wish to do so at your local hospital or GP.