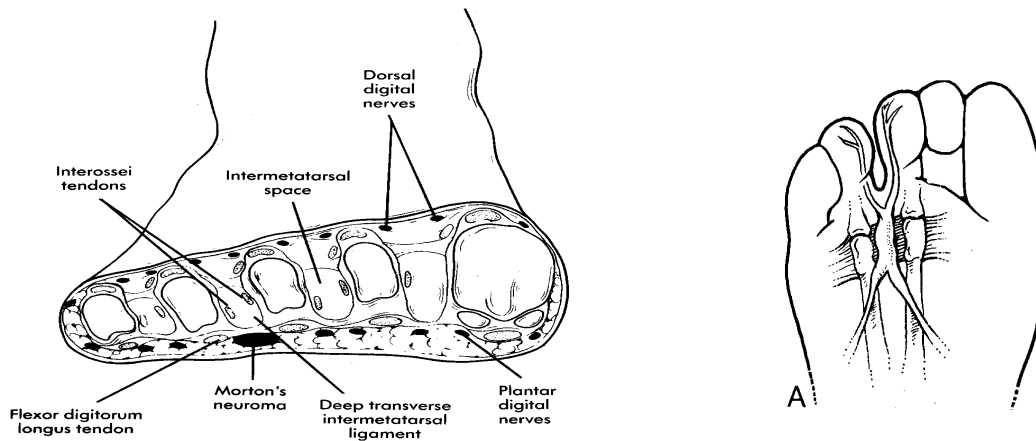




The Foot Surgery Centre – Total Foot Care Solutions

Neuroma Management



What is a Neuroma?

You have been diagnosed with Morton's Neuroma or Plantar Digital Neuritis, a painfully enlarged nerve between the metatarsal bones in the forefoot. The cause of this problem is unknown, but believed to be due to a combination of trauma and mechanical stress. Common symptoms include a sharp, electrical shooting pain in the ball of the foot, which radiates into the toes or up the leg. Some patients also experience numbness. Symptoms are intermittent and often brought on by wearing tight fitting shoes or walking/driving for a prolonged period. You may find massage or removing your shoes helps ease the pain temporarily.

How is the diagnosis made?

A diagnosis is made by examining the foot and correlating the findings with your clinical symptoms and description of the problem. If the diagnosis is unclear an ultrasound scan is sometimes requested.

What are the treatment options?

Non-surgical treatment

- 1) Wider, more supportive footwear
- 2) Insoles/orthoses
- 3) A steroid injection

Surgical treatment

If non-surgical treatment is unsuccessful, an operation can be performed to remove the neuroma. This is carried out in the Day Surgery Unit under local anaesthetic. An incision is made on the top of the foot over the painful site; the neuroma is identified and removed. An absorbable suture is used to close the skin. The operation takes about 30 minutes.

How long would this restrict my activities?

Two weeks after surgery, the suture tags are cut and you can bathe again. Returning to a pair of lace up shoe at this stage helps reduce swelling. You can drive and participate in sports when you are back in footwear. It is normal for people to have two to three weeks off work for this type of operation.

Are there any complications associated with the operation?

A normal side effect of neuroma surgery is permanent numbness between the affected toes, due to removal of the nerve providing sensation to the skin at this site.

Specific complications of neuroma surgery include:

- Scarring in the inter-metatarsal space, which can be reduced by massaging the foot post-operatively.
- Recurrence of symptoms due to regrowth at the nerve stump

General Complications of foot surgery include:

- Prolonged swelling
- Continued pain
- Infection
- Blood clot
- Delayed healing
- A chronic pain syndrome

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