

Neuroma Surgery

Surgery

- Outpatient surgery
- Surgery takes about 20 minutes per neuroma
- Local block lasts about 6-8 hours
- Common digital nerve containing the neuroma is removed resulting in numbness to part of the toes (webspace)
- First 2 days expect a lot of pain
- Most common complaint postop is feeling of walking on a marble for up to 3 months

Post-op protocol

- Postoperative shoe for 2-4 weeks
 - Weight bearing as tolerated; may remove shoe to sleep
- Appointments
 - 7-10 days post-op: remove dressing; possible suture removal
 - May wean out of post-op shoe and into shoes/activity as tolerated
 - 4 weeks post-op: sutures out, if still remaining
 - Follow-up appointments - as needed
- Medications
 - Tylenol with codeine for pain as needed
 - Phenergan for nausea as needed
 - Ibuprofen for inflammation and pain
- Recovery
 - Expect 6-9 months for full recovery and swelling to subside
 - Neuroma surgery may feel immediately better or take 3 months to resolve – nerves have a mind of their own. Foot will swell and ache for 6-9 months

Complications

- Pain
- Numbness
- Stiffness (you will have a stiff straight toe)
- Recurrence of neuroma
- Need for shoe inserts

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