

# Excision of Morton's Neuroma

Day Surgery Unit



Patient information leaflet

This leaflet outlines the risks, general advice and information about foot surgery called an excision of a Morton's Neuroma. If you have any questions or concerns, please discuss them with the doctor or nurse.

## What is Morton's Neuroma?

---

Morton's neuroma is a painful foot condition caused by an irritation to one of the nerves that runs between the bones in ball of the foot. The nerve can develop scar tissue around it and become trapped by the bones and ligaments in the foot. The condition can occur in one foot or both feet and it usually affects the nerve between the third and fourth toes, but sometimes the second and third toes can be affected. The neuroma will not cause any problems other than in the foot.

Morton's neuroma can occur at any age and the cause is not fully understood but it most often affects middle-aged women. This may be because women tend to wear tight fitting or high-heeled shoes which can squeeze the feet. It's also increasingly seen in runners, possibly because of the increased pressure on the toes that occurs when running.

## What does surgery involve?

---

During the operation, a small cut is made either in the top or the bottom of the foot so the surgeon can access the affected nerve. The section of nerve containing the neuroma is removed and the cut is stitched and dressed with a bulky bandage (wool and crepe). The bandage will help to reduce swelling in the foot following surgery.

The procedure is usually carried out using a general anaesthetic or local anaesthetic. You won't normally need to stay in hospital overnight.

## What are the alternatives to surgery?

---

Your GP or podiatrist may first recommend:

- changing the type of footwear that you wear – shoes with a wider toe area may help ease the pressure on the nerve in your foot.
- orthotic devices – a soft pad for the ball of your foot may help relieve the pressure on the nerve.
- painkillers – taking over-the-counter anti-inflammatory painkillers may help reduce the pain and inflammation.
- losing weight – if you're overweight, losing weight may reduce the strain on your feet.
- Resting your foot and massaging your toes may also help to relieve the pain. Some people also find it useful to hold an ice pack against their foot.
- Stretching of tight muscles in the back of the legs.

## After the operation

---

If you have had a general anaesthetic, you will need to remain on the ward for at least one hour to recover. Please make sure you have a responsible adult to stay with you for 24 hours after a general anaesthetic.

## Will it hurt?

---

A local anaesthetic will be injected around the operation site during your surgery. This will keep the foot numb for a few hours following your procedure. Once the local anaesthetic has worn off, your foot will feel tender and sore for a few days. Taking regular pain killers as prescribed will help to keep your foot comfortable. Day Surgery staff can give you pain killers while on the unit and you may be prescribed some to take home also.

## Dressings and stitches

---

You will initially have a bulky bandage on your foot. You can remove this after two days. However you must keep the stitches covered, clean and dry. If the stitches are removable they will be removed at your outpatient appointment in approximately 10–14 days.

**The time and date of your follow up appointment will be sent to you through the post.**

## Mobility

---

Nursing staff will provide you with a rigid shoe so you can weight bear. You can walk on your foot but you are advised to put weight through your heel until your foot feels comfortable. Avoid sport or strenuous activity until your foot has fully healed.

For the next two days, rest with your foot elevated (raised) whenever you are sitting down, this will help to prevent any swelling.

## Driving

---

You must not drive for at least 24 hours following a general anaesthetic. You are also advised not to drive until your stitches have been removed (if necessary) and your foot feels comfortable.

You may return to work when you feel able to perform your job comfortably. If you require a doctor's certificate for time off, please ask and the unit will provide one for you.

## Risk and complications

---

Complications following this procedure are rare but can include:

- **Bleeding** – If your wound is bleeding or you notice excessive swelling or bruising around the wound site, contact your GP or the Day Surgery Unit.
- **Infection** – If the wound becomes red, swollen or tender, has a green/yellow discharge or if you feel unwell or have a temperature, contact your GP or practice nurse for review.

**If you have any concerns please ask to speak to the doctor.**

## Reference source

---

- <https://www.nhs.uk/conditions/mortons-neuroma/>





## Contact details

---

If you require further advice, please do not hesitate to contact us.

### Day Surgery Unit

**Telephone:** 01483 406783 (Monday–Friday, 8am–6pm)

### Surgical Short Stay Unit

**Telephone:** 01483 406828

### Out of hours advice:

Call 111 (formerly NHS Direct)

[www.nhsdirect.nhs.uk](http://www.nhsdirect.nhs.uk)

---

## PALS and Advocacy contact details

---

Contact details of independent advocacy services can be provided by our Patient Advice and Liaison Service (PALS) who are located on the right hand side as you enter the main reception area. PALS are also your first point of contact for health related issues, questions or concerns surrounding RSCH patient services.

**Telephone:** 01483 402757

**Email:** [rsc-tr.pals@nhs.net](mailto:rsc-tr.pals@nhs.net)

**Opening hours:** 9.00am–3.00pm, Monday to Friday

If you would like information documents in large print, on tape or in another language or form please contact PALS.

Past review date: N/A

Future review date: August 2021

Author: Carole Richens & Laura Ceurstemont

**PIN180704–1577**

