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MORTON'S NEUROMA

INTRODUCTION

A Morton's neuroma is a swelling in the nerve that runs between the bones at the bases of 2nd and 3rd or 3rd and 4th toes. The neuroma frequently results in pain at the base of these toes, often with numbness and tingling that radiates down into the toes. Symptoms tend to be exacerbated with prolonged weight bearing, particularly in tight fitting or high heeled shoes. Removing the Morton's neuroma is an effective way of considerably improving pain in the vast majority of patients.

THE SURGERY

Surgery to remove a Morton's neuroma includes:

- i. general anaesthetic, intravenous antibiotics
- ii. 5 cm long incision on the top of the foot over the neuroma
- iii. removal of neuroma
- iv. wound closure with stitches/sutures

THE RISKS OF SURGERY

All surgical procedures carry some risk. Fortunately, the risk of complications with Morton's surgery are low (in the vicinity of 20%). Some of the risks of surgery include:

- Infection
- Problems with wound healing that may require antibiotic treatment, readmission to hospital, further surgery including plastic surgery and/or other treatments
- Nerve injury causing pain, numbness tingling and/or pins and needles
- Ongoing pain
- Complex regional pain syndrome
- Scarring and stiffness
- Recurrence
- Deep venous thrombosis/pulmonary embolism. (The risk of DVT increases with smoking, the oral contraceptive pill and hormone replacement therapy, immobility and obesity).
- Insufficient blood flow resulting in loss of toes, foot or limb
- Drug allergy / anaphylaxis
- Further surgery
- Anaesthetic complications including heart attack, stroke and death

GUIDELINES FOR EXPECTED POST OPERATIVE RECOVERY

Keep dressings dry and intact until post operative appointment. Keep foot elevated as much as possible, especially for initial 72 hours.

Removal of stitches/sutures: 10-14 days.

Pain killers may be required: Up to 6 weeks.

You may weight bear as tolerated following the surgery. For the first 2 weeks this may be in a post operative shoe to accommodate your bandage.

Return to most activities: 6 weeks.

Full recovery: Within 3 – 6 months.

Every patient's recovery is individual and depends on the severity of the injury and the complexity of the surgery.

ANY PROBLEMS

During office hours contact Dr Wines' office on (02) 9409 0563. After hours, please contact the hospital where your surgery was performed.