

NEUROMA SURGERY

Postoperative Recovery Protocol

Type of Procedure: Outpatient
Length of Procedure: 30 minutes
Anesthesia: local with sedation (twilight)

Neuroma surgery: What is it?

In between the metatarsal bones and the toes on the bottom of the foot a nerve is pinched. As the nerve gets pinched, the nerve gets swollen, and we call this a neuroma. By removing the nerve, the swelling of the nerve or the neuroma is removed as well. You will be numb between the toes permanently after this surgery, since the nerve is no longer there. The results of neuroma surgery are good, but the nerve can grow back, and unfortunately the recurrence rate of symptoms after removal of a neuroma is about 15%.

General recovery facts

- You can expect mild to moderate pain for a few days
- You are allowed to walk on the foot the day after surgery
- Many patients are however not able to walk on the foot because of pain
- You may use crutches or a walker if you need support
- You may drive by about 4 days if it is your left foot, and 7 days if your right foot
- A lot now depends on whether additional surgery is performed with the toes
- You can start exercising under direction at about 4 weeks
- You will be able to wear a sneaker type shoe at about 4 weeks
- During recovery you may walk without the surgical shoe
- The toes will remain puffy and swollen for about 3 months
- Massage of the foot is very important after surgery for about 3 months

Specific Post-Operative Course:

Day 1:

1. Foot wrapped in bulky bandage and surgical shoe
2. Pins may be sticking out of toes
3. Ice, elevate, take pain medication
4. Expect numbness in foot 12-24 hours then pain.
5. Bloody drainage through bandage expected
6. You may be asked to change the bandage



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Day 3

1. You may walk on the foot if comfortable
2. Moderate pain – continue pain medication
3. Ice, elevate as much as possible

Day 7:

1. Continue heel walking in surgical shoe
2. May drive in surgical shoe.
3. Do not change dressing unless instructed

Day 10-14

1. First follow-up in the office
2. Dressing changed, toes may be strapped
3. Massage of the foot is important 3 times a day for 10 minutes at a time
4. This massage should continue for about 1 month
5. Physical therapy may be useful for about 1 month

