



#### What is wrong with my foot?

You have developed a swelling around the nerve to two of your toes. Sometimes the swelling can cause the two affected toes to be pushed apart. This swelling of the nerve is called a Morton's neuroma.

#### Why has this happened?

Morton's neuromas are fairly common. They are more common in females. Wearing shoes that are too tight, shoes with a high heel, being flat footed or having toe deformities may also contribute to the formation of a neuroma.

#### Do I have to have an operation?

Wearing better shoes, pads, foot orthoses, steroid injections can be used to provide comfort and may completely resolve the pain for some people. If the foot is still uncomfortable despite these measures then an operation will usually be recommended.

#### What will the operation involve?

The operation, involves removing the swelling and the nerve itself. The underside of the toes should be numb following surgery but may regain sensation after 18-24 months in some people. The surgery involves making an incision from the top or bottom of the foot to remove the inflamed nerve. Surgery is under general or local anaesthetic. The foot will be bandaged after the operation.

#### How successful is the operation?

Our most recent independent audit found that 93% of people are very satisfied with the results of their foot operation. This was for a wide range of foot and ankle procedures. Patients are usually very satisfied with the results of the operation, as they no longer have the pain from the neuroma. They are then able to wear normal shoes again comfortably.

#### Are there any risks associated with the operation?

As with all operations there are risks associated with the anaesthetic. Occasionally some patients may have complications such as infection, prolonged swelling, scar problems or recurrence. A rare complication called Complex Regional Pain Syndrome (CRPS) may occur.

**INFORMATION  
FOR PATIENTS  
HAVING REMOVAL  
OF A MORTONS'  
NEUROMA**

### What will happen after the operation?

The operation is usually day case but you may need to stay overnight in hospital. Mr Yates will discuss this with you. You will be given special shoes to wear over your bandages and you must wear these whenever you want to walk. The shoes must be worn for 2-3 weeks. It takes the foot a good 3 months to fully settle down after surgery.

### What happens when I leave hospital?

For the first 48 hours you will rest in bed with your legs elevated and should take the painkillers prescribed for you. You will be asked to do some foot exercises during this time. The bandages will be changed at 1 and 2 weeks. You will be able to return to work from 2-4 weeks after the operation, depending on whether you need to stand or walk around a lot for your job. You will not be able to drive until you come out of the post-ope

The Shalbourne Suite  
The Great Western Hospital  
Marlborough Road  
Wiltshire  
SN3 6BB

BMI The Ridgeway Hospital  
Moormead Road  
Wroughton  
Wiltshire  
SN4 9DD

Private Secretary  
Tel & Fax: 01793 421142

email: [admin@ocpm.org.uk](mailto:admin@ocpm.org.uk)

[www.wiltshirefoot.com](http://www.wiltshirefoot.com)