



Post Surgery Instructions *Neuroma Excision*

General Facts

- The goal of this surgery is to reduce pain and improve walking.
- A neuroma is a pinched nerve between the metatarsal bones and the toes on the bottom of the foot.
- As the nerve gets pinched, it gets swollen. We call this a neuroma. By removing the nerve, the neuroma is removed as well.
- You will be numb between the toes permanently after this surgery since the nerve is no longer there. Some sensation will return to that area, but this can take up to a year.

General Recovery Facts

- Expect mild to moderate pain for a few days.
- You are allowed to walk on the foot the day after surgery, but many patients are not able to because of pain.
- You may use crutches, a Roll-A-Bout knee scooter, or walker if you need support.
- You may drive starting 4 days after surgery if it is your left foot and 7 days after surgery if it is your right foot.
- You can start exercising under direction at about 4 weeks.
- You will be able to wear a tennis shoe at about 4 weeks.
- Your toes will remain puffy and swollen for about 3 months.
- If additional surgery was performed on the toes, your recovery may differ from this guideline.

Post Surgery Course

Day 1

- The foot will be wrapped with a bandage and lots of padding in a postoperative shoe. If for any reason your bandage is uncomfortable or too tight, remove the ace wrap, and re-apply to your comfort level.
- It is important to ice and elevate the foot, take pain medication, and rest as needed.
- Do not get the foot or splint wet.
- Blood drainage on the bandage is expected.
- Do not change the bandage.

Day 3

- You may walk on the foot in the postoperative shoe if you are comfortable.
- Use crutches or a walker as needed.
- Ice and elevate as much as possible.

Day 7

- Continue walking in the postoperative shoe.
- You may drive in the postoperative shoe.
- Do not change the dressing unless instructed.

2 weeks

- First post-operative visit.
- Your sutures will be removed and the dressing will be changed.
- If the incision is healing well, you may get the foot wet in the shower 1-2 days after your post-operative visit.

3-4 Weeks

- Begin gentle massage of the foot at home.
- Physical therapy may be useful for 3 weeks.

6 Weeks

- You may ambulate in a supportive tennis shoe.
- Progress activities as tolerated.