



## Post Surgery Instructions *Neuroma Excision*

### General Facts

- The goal of this surgery is to reduce pain and improve walking difficulty.
- A neuroma is a pinched nerve between the metatarsal bones and the toes on the bottom of the foot.
- As the nerve gets pinched, the nerve gets swollen and 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.

### 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 walk on the foot because of pain.
- You may use crutches, a Roll-A-Bout knee scooter, or walker if you need support.
- You may drive by about 4 days if it is your left foot and 7 days if it is your right foot.
- If additional surgery was performed on the toes, your recovery may differ from this guideline.
- 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.

## Post Surgery Course

### Day 1

- The foot will be wrapped with a bandage and lots of padding in a surgical 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.
- Expect numbness in the foot for 4-12 hours and then anticipate the onset of pain.
- 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 surgical 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 surgical shoe.
- You may drive in the surgical shoe.
- Do not change the dressing unless instructed.

**Day 10-14**

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

**3-4 Weeks**

- Massage of the foot is important.
- Physical therapy may be useful for 3 weeks.

**6 Weeks**

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