

PATIENT INFORMATION SHEET

<b>26</b>	<b>TOPIC</b>	<b>Neuroma</b>
<b>PROCEDURE</b>		<b>Excision of Neuroma</b>
<b>AIMS OF SURGERY</b>	TO REMOVE THE PROBLEM NEUROMA (thickened section of nerve)	
<b>ADVANTAGES OF THIS OPERATION</b>	A relatively short procedure No Bone healing required Minimal recovery time	
<b>SPECIFIC RISKS OF THIS OPERATION</b>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Thickened scar and/ or tender scar - may reduce over 12 months</li> <li><input type="checkbox"/> Areas of numbness - may reduce over 12 months</li> <li><input type="checkbox"/> Regrowth of nerve from resection site / entrapment of nerve stump within scar tissue – requiring steroid injection therapy or re-excision possibly through a plantar incision</li> <li><input type="checkbox"/> Circulation disturbance to the adjacent toes</li> </ul>	
<b>OVERVIEW</b>		
<b>Operation time</b>	Usually between 30 - 60 minutes	
<b>Incision placement</b>	Usually on the top of the foot over the space between the metatarsal heads	
<b>Stitches</b>	We try to use absorbable stitches (where possible)	
<b>Fixation</b>	Not required	
<b>Will I have plaster?</b>	This is not normally necessary.	
<b>Is this a Day Procedure?</b>	Yes, you can usually go home the same day (you will usually be admitted for half a day)	
<b>Estimated time off work</b>	Non-manual work approximately 2-4 weeks Manual work 4-6 weeks	
<b>INDICATIONS FOR THE PROCEDURE</b>	Pain or troublesome numbness affecting the forefoot or toes associated with a neuroma Difficulty with shoe fit despite wearing sensible footwear	
<b>ALTERNATIVE TREATMENTS</b>	Manage your symptoms by routine treatment, altering activity levels, using painkillers, changing footwear/ extra-width or special footwear possibly with an in-shoe foot support. Steroid injection therapy, surgical decompression.	
<b>GENERAL RISKS OF SURGERY</b>	The anaesthetic options and general risks of foot surgery are outlined in the Generic Pre-operative Information Booklet for Patients with which you will have already been provided <b>YOU SHOULD READ THIS LEAFLET IN CONJUNCTION WITH THE GENERIC PRE-OPERATIVE INFORMATION BOOKLET FOR PATIENTS (Numbered 1)</b>	
<b>MORE INFO BY:</b>	<ol style="list-style-type: none"> <li>1. Speaking with your consultant or one of the clinical team</li> <li>2. Reading the information provided</li> <li>3. Looking at our Department's NHS Choices information or the Faculty of Surgery website</li> <li>4. See our Podiatric Surgery public facing website pages on <a href="http://www.herefordshire.nhs.uk/">http://www.herefordshire.nhs.uk/</a></li> </ol>	

## Neuroma Excision Surgery

### Answers to Common Questions

#### The Operation

The operation is usually performed under a local anaesthetic, usually around the ankle or behind the knee. Most patients find this to be more comfortable than a dental injection.

Although the operation is relatively short, you will be in the Day surgery Unit for longer. You must have a competent adult at home for the first day and night after surgery. This allows us to be sure you will be safe for the first night.

#### First 2-4 days

- This is the worse time for pain but you will be given painkillers to help. You must rest completely for 2-4 days.
- You will be able to stand and take weight carefully (using crutches) after the operation, but you must rest, with your feet up, as much as possible.
- You should restrict your walking to going to the bathroom and when getting about use your crutches in the way you will have been shown.
- You can get about a little more after 3 days.

#### 3 – 5 days after surgery

- You will need to attend for your foot to be checked and re-dressed.
- You may start to do a little more within pain limits. Pain means you are doing too much.

#### Two weeks after surgery

- You must attend again. Sutures will be removed unless there are any on the sole of the foot (these are taken out after 3 weeks).
- You will not need a bandage, probably will not need the crutches and can get the foot wet providing the wound has healed satisfactorily.
- Many patients return to shoes after 2 weeks although this may take longer (4-6 weeks).

#### Between 2-6 weeks after surgery

- The foot may still be quite swollen especially at the end of the day.
- You may return to work but may need longer if you have an active job
- You may return to driving if you can perform an emergency stop. You must check with your insurance company before driving again.
- Whilst normal activity will be resumed, sport should be avoided.

#### Between 8-12 weeks after surgery

- The foot should continue to improve and begin to feel normal again.
- There will be less swelling.
- Sport can be considered after 3 months depending on your recovery.

#### Six months after surgery

- You will have a final review between 3- 6 months following surgery.
- The swelling should now be slight and you should be getting the full benefit of surgery.

#### Twelve months after surgery

- The foot has stopped improving with all healing complete.

Please note; if a complication arises, recovery may be delayed.