






PATIENT INFORMATION SHEET

MORTONS NEUROMA				
<i>Typical distribution of pain)</i>	<i>Neuroma in situ</i>	<i>Neuroma removed</i>	<i>Normal sized nerves</i>	<i>Skin closure</i>
				
WHAT IS A MORTONS NEUROMA	A Morton's neuroma is a soft tissue swelling affecting the small nerves between the toes. Most commonly it affects the 2 nd and 3 rd and 3 rd and 4 th toes.			
AIMS OF SURGERY	To remove the affected nerve and swollen soft tissues.			
ANAESTHETIC	Regional anesthesia. Local anaesthetic at the knee or ankle to make the limb numb. This means you can go home the same day.			
OVERVIEW				
Operation time	10-30mins			
Incision placement	On the top of the foot between the affected toes			
Stitches	We use dissolvable stitches where possible.			
When do I go home?	You are usually able to go home the same day. You should have a responsible adult to stay with you.			
Time off work	This will vary according to the type of work you do but typically less than 4 weeks.			
INDICATIONS FOR SURGERY	Pain and limitation of daily activities.			
ALTERNATIVE TREATMENTS	Modification of activity and footwear possibly with a foot support. Painkillers Cortisone injections			
GENERAL RISKS OF SURGERY	<ul style="list-style-type: none"> • Infection (minor + serious) • Scar problems • Postoperative pain • Loss of sensation • Postoperative swelling • Failure of the operation 	<ul style="list-style-type: none"> • Medication side-effects • Blood clots • Anaesthetic problems • Heart attack / angina • Chronic pain / swelling 	YOU SHOULD READ THIS LEAFLET IN CONJUNCTION WITH THE PREOPERATIVE INFORMATION BOOKLET	
SPECIFIC RISKS RELATED TO THIS OPERATION	<input type="checkbox"/> Stump neuroma. <input type="checkbox"/> Loss of normal sensation	<input type="checkbox"/> Pain under the ball of the foot. <input type="checkbox"/> Swelling		
MORE INFO BY:	Fitter Feet For Life 34 North Street Clapham London SW4 0HD Tel 020 7627 4901 www. Fitterfeet.com			