






**PATIENT INFORMATION SHEET**

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