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Adult and Paediatric Orthopaedic Surgeon
Specialising in the Foot and Ankle

Morton's Neuroma Resection

INTRODUCTION

A Morton's neuroma is a benign, localised thickening of the nerve that runs between the bones at the bases of 2nd and 3rd or 3rd and 4th toes. It was first described by an American surgeon in the late 1800s called Dr Morton. The neuroma frequently results in pain at the base of these toes, often with numbness and tingling that radiates down into the toes. Symptoms tend to be exacerbated with prolonged weight bearing, particularly in tighter fitting shoes. Removing the Morton's neuroma is an effective way of improving pain in the vast majority of patients.

THE PROCEDURE

Surgery to remove a Morton's neuroma includes:

1. General anaesthetic, Intravenous antibiotics
2. 3 cm long incision on the top of the foot over the neuroma
3. Removal of neuroma
4. Wound closure with sutures

RISKS & COMPLICATIONS

Every surgical procedure carries some risk. These risks are largely uncommon and many are rare.

They include:

Wound infection

10% risk of a post-surgical neuroma which may require a targeted injection

Injury to the blood vessels supplying the toes (very rare)

Anaesthetic complications

Drug allergy

Ongoing pain

POST OPERATIVE PROTOCOL

This is a day surgery procedure, and you will go home weight-bearing in a post-operative shoe

Keep dressings dry and intact until the first post-operative appointment.

Keep foot elevated as much as possible, especially for initial 72 hours.

Removal sutures around 2 weeks

Pain killers may be required for up to 2 weeks

The post-operative shoe is discontinued after two weeks

Most activities may be resumed by six weeks

Full recovery 12 to 16 weeks

PROBLEMS AND CONCERNS

If you have any queries or concerns, contact Dr. Ling's rooms on 9650 4782 between business hours. After hours or on weekends, if your matter is urgent, please present to the Emergency Department at Prince of Wales Hospital if you are an adult, or Sydney Children's Hospital if the patient is your child, and you will be seen by the Orthopaedic Registrar on call, who will contact Dr Ling directly