

Morton's Neuroma

What does the operation involve?

Prior to the operation you will be seen in the Pre-assessment clinic or receive a phone call assessment. This is to ensure that you are fit to have surgery.

A small incision is made over the affected area and the nerve is either released or excised. The operation can be performed under local or general anaesthetic as a day case. The incision may be made on the top or bottom of the foot.

What about pain?

Whilst you are in hospital you will be monitored and the medical staff will give you pain relief as required and prescribed. You will be given pain relief medication to take home. Advice regarding this will be given by the nursing staff before you leave hospital.

How long does it take to recover?

You will have a bandage on your foot but will be allowed to weight-bear. You will have stitches in the wound, which should be kept dry and clean until they are removed, usually 7-14 days after the operation in clinic.

The recovery period is between 4 -6 weeks. As with all foot surgery you will experience some swelling. This is normal and can be reduced by elevating your affected foot/leg as much as possible after the operation.

You should be able to drive after a few days provided you can operate the pedals safely without obstruction or pain. Swimming is possible once the sutures are removed and the wound is healing satisfactorily.

You are advised not to fly after surgery for about 6 weeks.

When can I go back to work?

This will depend on the type of work you do. If you are a manual worker and need to wear protective shoes it may be 2-4 weeks until you can comfortably get your protective footwear on. If your work is desk-based, you will be able to go to work after a few days provided you can rest your foot/leg during the course of the day.

What are the possible complications?

- Infection in the wound
- Stump neuroma (painful swelling of cut end of nerve)
- Prolonged swelling of the forefoot
- Recurrence of symptoms/ Residual numbness

The above complications are rare but can occur and most literature published on Morton's neuroma surgery gives a success rate of between 80-90%.

Useful contact numbers

Orthopaedic pre assessment	0300 614 7778/7147
Day Surgery Unit Heatherwood	0300 614 4130/4131
Main reception Treetops Ward Heatherwood	0300 614 4159
Therapy Office Heatherwood	0300 614 4178
Physio/OT ward office Wexham	0300 615 3329
Ward 1 Wexham Park	0300 615 3010/3012
Booking Centre (appointments)	0300 614 7919 option 1
Orthopaedic post op	0300 6147207

For a translation of this leaflet or for accessing this information in another format:



Please contact (PALS) the Patient Advice and Liaison Service on:

Frimley Park Hospital

Telephone: 0300 613 6530

Email: fhft.palsfrimleypark@nhs.net

Wexham Park & Heatherwood Hospitals

Telephone: 0300 615 3365

Email: fhft.palswexhampark@nhs.net

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Title of Leaflet	Morton's Neuroma		
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Ref. No	N/022/6	Issue Date	February 2024
		Review Date	January 2027

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