

Morton's Neuroma

What is a Morton's Neuroma?

A Morton's Neuroma is the result of a nerve in the foot becoming thickened due to pressure/irritation on the nerve. Most commonly the nerve between the 3rd and 4th toes is involved. Women are more commonly affected than men.

What are the symptoms?

- Pain on one side of a toe and the adjacent side of the next toe.
- Pain when you squeeze the foot.
- Pain if you press between the bones
- Feeling of a "stone in your shoe"
- Pain may worsen with narrow shoes/long periods of standing

How is Morton's neuroma treated?

The first line of treatment is non-operative:

- Wide shoes
- Pain relief medications
- Activity modification
- Shoe inserts
- Steroid injection

What does the operation involve?

Morton's neuroma surgery is performed as a day case procedure. The procedure is most commonly done under general anaesthesia. Tourniquet (similar to blood pressure cuff) is applied around the thigh to stop blood flow to foot during the operation which helps in improving vision. Skin on top of the foot is cut and the involved nerve is exposed. Following exposure, a "Y" shaped segment of the nerve is removed. You will be allowed to weight bear as able in a post-op shoe after the procedure. Stiches are removed in about 2 weeks from the time of the operation. Recovery from the operation takes 2 to 6 weeks. Driving is allowed after 2 weeks.

What are the complications of surgery?

Most patients recover from surgery without any complications. The complications of the operation are:

- Infection
- Bleeding
- Clots
- Numbness
- Recurrence
- Chronic pain
- Swelling