

Neuroma Surgery

What does neuroma surgery do?

- Neuroma surgery removes a painful, inflamed and pinched nerve from the ball of the foot.

How is neuroma surgery done?

- Neuroma surgery is day surgery done either in a hospital or surgical center.
- Usually light sedation with local anesthesia (numbing of the foot) is used. In some cases general anesthesia can be used.
- An incision is made over the top of the affected interspace. The neuroma is identified and removed from the foot.
- Afterwards you're placed in a dressing and a surgical shoe and sent home with pain medication.



What should I expect?

- The success rate of neuroma surgery is 80-95%.
- Week 1 you will be expected to ice and keep the foot elevated. Minimal activity is allowed this first week.
- Weeks 2-3 sutures will be removed if necessary. You will be allowed to weight bear in a sneaker as tolerated at this point. You may also be expected to go to physical therapy for range of motion exercises.
- Weeks 4-6 you will be allowed to progress your activity as tolerated.
- Aching and swelling are common for 6-8 months after the procedure.
- Numbness between the toes is common and expected after surgery.