

## **POST-OPERATIVE INSTRUCTIONS**

### **DECOMPRESSION OF MORTON'S NEUROMA**

#### **The first 2 weeks**

You have just undergone the decompression of a neuroma from between two of your toes. This involves the division of the ligament which has been rubbing on the nerve, causing it to undergo neuromatous change.

During the procedure, a local anaesthetic agent was infiltrated, in order to reduce post-operative pain. The wound was closed with small sutures and has been covered by bulky dressings. A post-operative shoe was then fitted.

Expect *some* pain in your foot, particularly when the local anaesthetic wears off, but this should be controllable with elevation and oral pain-killers, and should improve dramatically over the next 48 hours.

When you are able to comfortably stand and mobilise independently, you can go home.

The nursing staff will let you know when it is safe to get out of bed. You should stand and walk in the post-op. shoe, but initially favour your heel. If your incision is under the ball of your foot, you will need to continue heel-walking until your first post-op. visit. Crutches should not be needed.

There can be blood seepage into the dressings causing staining. This is rarely a cause for concern. Two days after your operation you can remove all the dressings yourself. The nursing staff at the hospital will have given you a small "island" dressing to use subsequently. This could be changed every 2 days.

You may shower, but it is important to keep the wound and dressings dry.

Keep your foot elevated as much as possible. Hip height is ideal when you are seated. Minimise your activities while the wound is healing.

If you have any concerns regarding your progress before your first post-operative appointment, please ring the rooms, during normal hours, or your local doctor, if available after hours. If you require urgent out-of-hours attention, please ring or present to a hospital Emergency Department at any time. Both Norwest Private and Sydney Adventist Hospitals provide this service.

#### **Subsequent weeks**

At the 2 week post-operative visit your dressings and sutures will be removed. As swelling gradually recedes, you can return to conventional footwear, but this should be roomy in the toe-box and firm-soled. You can keep using the post-op. shoe for longer, if necessary.

It could take 4 or 5 weeks to fully recover.