

Post-Operative Instructions: Morton's Neuroma

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1. Before you leave the hospital, you will be given a prescription for a pain reliever. This medication contains a narcotic with acetaminophen (Tylenol), so do not take any additional Tylenol. Use the medication as directed when the anesthetic begins to wear off and then as necessary. You may take Tylenol instead of the prescription medication as the pain starts to dissipate.

2. Use the post-operative ('Darco') shoe at all times when walking or standing for 4 weeks. You do not need to wear the shoe while sleeping, although some patients note that it makes them feel more comfortable in bed for the first few days after surgery.

3. You should use a cane or crutches and put only partial weight on your operated foot. Gradually increase the amount of weight you apply to the foot over the first week. You may discard the cane or crutches when you feel comfortable walking without them; this can range from two to ten days after surgery. Excessive standing and walking are not good for your foot for the first week after surgery.

4. When you return home, elevate the leg on some pillows. For the first five to seven days be sure to elevate the leg whenever possible. Continue to elevate the leg on a pillow when you go to sleep until there is no swelling in the ankle, foot or toes.

5. The dressing applied in the operating room must remain in place for 10 to 12 days. This dressing must be kept absolutely dry when bathing.

6. The dressing will be removed at your first post-operative visit and replaced with a smaller gauze dressing. Following this visit you will need to apply a new gauze dressing daily for several days. You may shower, but do not immerse or soak the foot (no baths) for two weeks, until the incision is completely healed.

7. After the incision is completely healed, you should massage the incision daily for 6 weeks to mobilize the scar, using hand cream to aid as necessary.

8. If you have any of the following call me immediately at the office or via my answering service: calf or lower leg pains that make it difficult to walk; inordinate pain or undue swelling in the foot; bleeding through the dressing; numbness; coldness or tingling in the foot. If you cannot reach me go to the hospital's emergency room (or another hospital emergency room if you prefer) to have the problem checked.

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