

Neuroma Excision Surgery

Post Operative Planned Schedule:

Day of Surgery:

- Rest after arriving home, keep your leg elevated as much as possible
- 50% weight bearing which means you must use crutches or a walker to assist you at all times until you are full weightbearing status.

1 Week Visit:

- Possibly get sutures out if directed by Dr. Mangone
- Continue 50% weight bearing in the post op shoe

3-4 Week Visit:

- Sutures out if not removed at 1 week visit
- Increase weightbearing as tolerated. Wean off of crutches/walker as you feel comfortable. You may begin to wean back into a standard shoe, although this will likely need to be larger as to not put pressure on the surgical site.
- No high impact activities until 3 months out from surgery
- You may resume non impact loading exercises such as an elliptical, bicycle, swimming, or light treadmill walking 4-6 weeks after surgery

8-12 Week Visit:

- Return to see Dr. Mangone for the final visit if needed. Discuss any problems, concerns, or questions at that time. Will be discharged from BRBJ care at this visit if no problems or concerns arise. You will likely still have some soreness and swelling at the surgical site which can take 3-6 months for full resolution. When increasing activities use ice afterwards and elevate.

Extra Instructions:

- It is normal to have some drainage/bleeding on or through the bandage; pain is also to be expected. If you get a fever or red streaks up your leg call immediately.
- Showering: After the first visit if indicated by Dr. Mangone.
- Soak in a tub: Only after 3 weeks if no incision healing issues arise
- Drive a car: (if R foot or manual transmission) Only when back to a normal shoe
- You will have numbness on the inner aspects of the two toes affected by the surgery as the nerve innervating this area has been removed to reduce your pain. Most patients notice this initially, but become accustomed to it with time. It is very rare for this to cause any long term problems or discomfort.
- You may not be able to wear a normal shoe on a regular basis for up to two months due to residual swelling of the toes and foot.
- You must follow these instructions to ensure proper healing and to reduce your risk of post operative complications.

I understand the post-operative plan and the risks of surgery. I will be compliant with these restrictions and work with Dr. Mangone's instruction throughout my medical care.

Signed: _____ Date: _____.