

MORTON'S NEUROMA EXCISION: 1ST POST-OP

- (1) You may shower tonight, letting soapy water run over your incisions(s) and patting them dry with a towel. You should avoid submerging the leg (bath, pool, hot tub, etc.) for at least one week.
- (2) You may begin to transition out of the post-op shoe as swelling and sensitivity allow. Once you have fully transitioned out of the post-op shoe, you may begin to reintroduce activities in a step-wise fashion.
- (3) Using your thumb, begin massaging around the incision to desensitize the area and break up any scar adhesions.
- (4) In 2 weeks, you may begin applying a scar cream (vitamin E based, such as Mederma) or silicone sheets.
- (5) I would like to see you back in **4 weeks** for your next follow-up appointment.