

PATIENT EDUCATION · PERIPHERAL NERVE & PAIN PROCEDURES

Neuroma Procedures

A neuroma is a painful irritation or thickening of a nerve, often felt in the ball of the foot. Many patients improve with conservative care. When symptoms persist, procedural options may be considered for eligible patients.

At a Glance



For educational illustration only.

Focus area	Peripheral Nerve & Pain Procedures
Goal of care	A neuroma is a painful irritation or thickening of a nerve, often felt in the ball of the foot.
Where it's provided	In our office or a surgical center, based on your evaluation and what is clinically appropriate.
Your next step	A consultation with Dr. Stephen Wigley IV to review your symptoms and options.

Who May Benefit

- Patients with burning or shooting pain in the ball of the foot
- Those with numbness or a sense of a 'lump' in the shoe
- Eligible patients who have not improved with conservative care

When to Seek Care

- Burning, tingling, or shooting forefoot pain
- Numbness in the toes
- Pain that worsens with activity or tight shoes

How We Evaluate

- Examination of the forefoot and affected nerve
- Imaging when needed
- Review of symptoms and prior treatments

Treatment Options

- Footwear changes, padding, and orthotics
- Injections or conservative therapies
- Procedural options for eligible patients

What to Expect

1

A plan tailored to your symptoms

2

Guidance on activity and recovery

3

Follow-up with the care team

Your Surgery Journey — Before, During & After

BEFORE SURGERY

- Complete any requested labs, imaging, or medical clearance
- Review your medications with us — some may need to be paused
- Follow eating/drinking instructions if anesthesia is planned
- Arrange a ride home and loose, comfortable clothing
- Wash the foot the night before; remove nail polish if asked

DURING SURGERY

- Local anesthesia numbs the area for most office-based procedures
- You may feel pressure or movement, but should not feel sharp pain
- Most procedures take roughly 30–90 minutes
- Our team monitors your comfort throughout

AFTER SURGERY

- A sterile dressing protects the surgical site
- You may receive a surgical shoe or boot for walking
- Mild soreness is normal as numbness wears off
- Written instructions and follow-up scheduling before you leave

Dr. Wigley's Post-Op Instructions

1. Keep the dressing clean, dry, and in place until we remove or change it — no peeking.
2. Elevate the foot above heart level as much as possible for the first 48–72 hours.
3. Apply ice as directed (about 20 minutes on, 20 off) over the dressing — never directly on skin.
4. Take medication exactly as prescribed; stay ahead of pain rather than chasing it.
5. Follow your weight-bearing instructions and wear the surgical shoe/boot whenever walking.
6. No soaking, baths, swimming, or getting the site wet until cleared at follow-up.
7. Call the office right away for: fever over 101°F, spreading redness, foul drainage, bleeding through the dressing, severe pain not relieved by medication, or new calf pain/swelling.
8. Keep every follow-up appointment — healing is monitored at each visit.

Important: These are general guidelines. Always follow the personalized instructions given to you at your visit — they take priority over this handout. Questions after surgery? Call (305) 895-9528.

Common Questions

Do neuromas always need surgery?

No. Many improve with conservative care. Procedures are considered for select patients when symptoms persist.

Sources & Further Reading

- American College of Foot & Ankle Surgeons — FootHealthFacts.org
- American Podiatric Medical Association — apma.org
- MedlinePlus, U.S. National Library of Medicine — medlineplus.gov

Questions? Call Wigley Feet at (305) 895-9528 to schedule an evaluation. New patients can also request an appointment at www.wigleyfeet.com.