

## **Neuroma Excision**

### **2 week post-op visit:**

- bandage/suture removal
- remain weight bearing and transition to sneaker
- may progress to light exercise activity in 3-4 weeks as pain/wound healing allows (stationary bike, elliptical, swimming)

### **6 week post-op visit:**

- progress activities as tolerated

### **12 week post-op visit:**

- advance to all activities as tolerated
- f/u as needed

### **Other Notes:**

- Driving: You may drive short distances once off of narcotics for pain
- Flying: No flying for 2 weeks due to risk of wound complications

### **For more information:**

- [www.aofas.org](http://www.aofas.org): "Foot Care MD"
- [www.footeducation.com](http://www.footeducation.com)
- [www.footandanklenewyork.com](http://www.footandanklenewyork.com)
- <https://shop-recovery.net/Ellis> (to purchase medical equipment approved by Dr Ellis)