

Trauma & Orthopaedics

Webpace and plantar fascia injection and pulsed radiofrequency ablation

The foot is one of the most complex parts of the body. It consists of bones, joints, ligaments, and tendons. This complexity is essential as the feet are needed to balance your body weight.

What is Morton's neuroma?

It is not a benign tumour, as the name suggests. Instead, it is a neuropathic foot pain that commonly develops between the third and fourth webspace of the toes.

What is the plantar fascia?

The plantar fascia is a thick band of tissue or 'Fascia' located on the sole of your foot. It connects your heel bone to the base of your toes. It supports the arch of your foot and absorbs shock when walking.

What causes webspace and plantar fascia pain?

Repeated tension and stress on the plantar fascia can cause pain in the bottom of your foot and heel. Additionally, conditions affecting the webspace between your toes, such as Morton's neuroma, can contribute to discomfort in these areas.

What is a webspace and plantar fascia ablation?

It is a minimally invasive procedure aimed at interrupting the pain signals sent to the brain, bringing you relief from pain. The treatment is completed with local anesthetic.



Benefits of webspace and plantar fascia ablation

Ablation can provide lasting pain relief and contribute to a prolonged improvement in functional recovery.

Side effects of ablation

Possible side effects include:

- Localised hematoma
- Stiffness
- Infection
- Allergic reaction
- Unresolved problems resulting in repeating the procedure.

What should you expect?

The procedure is done under local anesthesia. This means that you can eat and drink before the procedure. **You do not need to stop any medication before the procedure.**

Before the procedure

Diabetes: If you are diabetic, we will check your blood sugar level on the day of the procedure as steroids may raise it after.

Warfarin: If you are on regular Warfarin, your INR level will need to be checked, as it may increase the risk of bleeding at the injection site.

Health status: You must be in good health, without any fever and not take antibiotics for at least 2 weeks before the procedure.

After the procedure:

- Post-operative care and following your doctor or specialist practitioner's instructions are important for your recovery and achieving long-lasting results. You can eat and drink after the procedure.
- **We do not recommend driving yourself after the procedure. Please arrange for someone to drive you home.**
- It is also important to avoid heavy or strenuous activity for 48 hours after your injection. Allow yourself time to rest and recover.
- You can resume your usual diet on the same day and return to regular levels of activity the day after.

Patient Information

- Minor swelling can be treated with ice, raising the leg and pain killers as needed.
- You will be able to go home on the same day.
- A follow up appointment will be arranged for you around 6 to 8 weeks after the procedure.

Please do not forget your pain diary.

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