

Post Surgery Instructions *Metatarsal-Cuneiform (Midfoot) Fusion*

General Treatment Facts

- The goal of this surgery is to reduce pain, swelling, and dysfunction from midfoot arthritis. This operation is designed to fuse the joints in the middle of the foot and lock those affected bones together.
- Up and down movement (dorsiflexion and plantarflexion), as well as side-to-side motion (inversion and eversion), will not be affected. However, you may notice that your midfoot feels stiffer after the fusion.
- Screws are inserted into the metatarsal and cuneiform bones to hold the joints together while they heal. Once the bones heal, the screws are not necessary. Unless they are bothersome, they can be left in without any problems.
- You will NOT be allowed to bear weight on the foot for the first 6 weeks.

Post Surgery Course

Day 1

- The foot will be wrapped in a soft cast with lots of padding and an elastic bandage. If for any reason your splint is uncomfortable or too tight, remove the ace wrap, loosen the padding, and re-apply to your comfort level.
- It is important to ice and elevate the foot, take pain medication, and rest as needed.
- Do not get the foot or splint wet.
- Do not bear any weight on the operated foot.

Day 4

- Pain should be better after the 3rd day. If your pain has worsened since day 3 or you have a fever and/or chills, please call the office.
- Wiggle toes in splint as tolerated.

2 Weeks (approximately)

- First post-operative visit in the office.
- Your splint will be taken off and your sutures will be removed.
- You will be placed in a boot with your foot in a neutral position to prevent a large range of motion. You do not need to sleep in the boot.
- If the incision is healing well, you may get the foot wet in the shower 5-7 days after your post-operative visit.

6 Weeks

- Progress weight bearing to full weight bearing as tolerated in the boot. Add 20 lbs every other day as tolerated until you are full weightbearing.
- Once you are full weight bearing in the boot with no pain, you may wean out of the boot and into a supportive tennis shoe (this may vary).
- Wean off of crutches or Roll-A-Bout knee scooter as tolerated.

3 Months

- Continue supportive, stiff soled tennis shoe.
- Increase activity as tolerated.

6 Months

- Running, jumping and pounding type activities are permitted.