



Town Center

ORTHOPAEDICS

ORIF Metatarsal/Midfoot Fracture

- Same-Day Outpatient Surgery
- General anesthesia with regional nerve blocks
- Activity:
 - **Non-weightbearing for 6 weeks**
 - Weightbearing in a walking boot for 6 additional weeks
 - Ice/elevate surgical leg with ice behind knee of surgical leg
 - Keep dressing clean, dry, intact. Do not remove splint in first 10-14 days
- Splint/Cast:
 - Splint 2 weeks after surgery
 - Boot at 4 weeks (with cast change after 2 weeks)
- Walking Boot:
 - **At 6 weeks, weightbearing to comfort**, based on pain/swelling
- Follow-up: 703-435-6604
 - 2 weeks: Remove splint, suture removal, transition into Boot, x-ray
 - 6 weeks: Transition into weightbearing in a walking boot, begin gradual weightbearing, start physical therapy, x-ray
 - 10-12 weeks: Transition into tennis shoe, begin low-impact activities, x-ray
 - 18 weeks: Final check-up, return to normal activities, as comfortable, final x-ray
- Assistive Devices:
 - Crutches, walker, knee scooter
- Physical Therapy:
 - Offered after 6 weeks
- Total Recovery:
 - 9-12 months