

TARSOMETATARSAL ARTHRODESIS

Postoperative Recovery Protocol

Type of Procedure:	Outpatient surgery
Length of Procedure:	1 hour
Anesthesia:	General anesthesia or twilight with a Nerve Block

Tarsometatarsal Arthrodesis: What Is It?

The goal of this type of surgery is to fuse or glue together (arthrodesis) some of the small joints in the middle of the foot. This type of surgery does not affect the up and down movement of the foot at all. The side to side movement (inversion and eversion) of the middle of the foot is affected in a very minor way, but is difficult to feel. Screws with or without a small plate are inserted into the bones to hold the joints together while the fusion occurs. Frequently we will use small amounts of bone graft which stimulate the bone healing. Once the joint is fused the screws are not necessary, but are rarely removed.

General Recovery Facts

- You will not be walking on the leg for about 6-8 weeks
- In order to stay off your foot, you will need to use crutches, a walker, a wheelchair or a scooter type device called a roll-about.
- There will be a hard plaster bandage applied to the leg for two weeks after surgery
- Your first follow up visit will be at approximately 2 weeks to remove the stitches
- We will usually apply a removable boot for you to wear at this time, but occasionally we use a short leg below the knee cast for a short period of time.
- If the surgery is on your left foot, you should be able to drive an automatic vehicle at two weeks. If the surgery is on the right foot, you may drive between 3 and 4 weeks
- You may begin to walk with the boot at about 6 weeks, depending upon your level of discomfort, and the instructions given to you
- Physical therapy for 1-2 months is helpful to regain the strength and movement
- There will be moderate swelling of the foot, ankle and leg for about 6 months



Specific Post-Operative Course: Tarsometatarsal Arthrodesis

Day 1

1. Foot wrapped in bulky bandage and splint
2. Ice, elevate, take pain medication
3. Expect numbness in foot 12-24 hours then pain
4. Blood drainage through bandage expected
5. Do not change bandage

Day 10-14

1. First follow-up in the office
2. Dressing changed
3. Placed in cast or boot.
4. No weight bearing for 6 weeks
5. you can start touching the foot down with some weight

6-weeks

1. Cast/boot removed
2. X-ray taken
3. Use the boot for about 4 more weeks
4. Full weight bearing is allowed
5. The boot can be removed at night, and for gentle movement exercises.
6. Swimming is permitted, but with limited pressure on the foot

12-weeks

1. X-ray taken
2. Start Exercise program, physical therapy is useful to decrease swelling
3. An orthotic arch support is important for your recovery
4. You should wear a stiff soled shoe for one to two months

