Stacy A. Bacon, M.D. | Post-Op Protocol

**Arthrodesis/Fusion of 1st Metatarso-phalangeal Joint**

**Surgery**

- Outpatient surgery
- Surgery takes approximately 1 hour
- Soft dressing with post-op shoe placed immediately after surgery
- Will be non-weight bearing in post-op shoe for 4 weeks
- Local Block lasts about 8 hours
- First 2 days expect a lot of pain and swelling

**Post-op protocol**

- Appointments
  - 7-10 days post-op: remove dressings; x-rays
  - 4 weeks post-op: possible stitches out; x-rays; continue in post-op shoe; possible weight bearing
  - 8 weeks post-op: x-rays
    - if arthrodesis is fully healed - progress to loose fitting shoe with open toe box
    - If not fully healed - continue in post-op shoe
  - 12 weeks post-op: x-rays; if doing well, patient is released to activities as tolerated
    - If x-ray shows arthrodesis has healed then progress to loose fitting shoe with open toe box and follow-up in 4 weeks for expected release to activities as tolerated.
- Medications
  - Tylenol with codeine for pain as needed
  - Phenergan for nausea, as needed
  - Ibuprofen for inflammation and pain
- Recovery
  - 6-9 months for full recovery and swelling to subside
  - Intermittent pain, swelling for 9-12 months
  - Return to most activities by 4-6 months
  - Return to work light duty after 7-14 days; heavy duty after 2-3 months

**Complications**

- Pain
- Swelling
- Stiffness