

## ORIF LisFranc fracture/dislocation

### Surgery

- Outpatient surgery
- Surgery takes about 1 hours
- Nerve block for immediate post op pain
- Splinted (partial cast immediately post-op)
- Will be non-weight bearing for 10-12 weeks

### Post-op protocol

- Appointments
  - 7-10 days post-op: remove splint; x-rays; cast applied (non-weight bearing)
  - 3 weeks post-op: stitches out; re-cast (non-weight bearing)
  - 6 weeks post-op: x-rays; re-cast (non-weight bearing)
  - 10 weeks post-op: x-rays; patient is re-casted in a weight bearing cast
  - 12 weeks post-op: x-rays; boot; begin range of motion (ROM) exercises
  - 14 weeks postop: begin Physical Therapy (PT)
  - 4 months postop: screws out
- Medications
  - Tylenol with codeine for pain as needed
  - Phenergan for nausea as needed
  - Ibuprofen for inflammation and pain
- Recovery
  - Expect 9-12 months for full recovery and swelling to subside
  - Intermittent pain or 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 4-6 months

### Complications

- Pain
- Stiffness
- 10% nonunion rate
- Need for hardware removal (plates/screws/staples)
- Need for custom brace or insert
- Post-traumatic arthritis
- Breakage of screws

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