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

**Metatarsal fracture**

**Surgery**
- Outpatient
- Surgery takes approximately one hour
- Splinted (partial cast immediately post-op)
- 6 weeks non-weight bearing

**Post-op protocol**
- Appointments
  - 7-10 days post-op: remove dressing and x-rays; short-leg cast; non-weight bearing
  - 3 weeks post-op: stitches out; new short-leg cast; non-weight bearing
  - 6 weeks post-op: pins pulled; post-operative shoe; weight bearing as tolerated
  - 10 weeks post-op: regular shoes; activity as tolerated
- 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, swelling for 9-12 months
  - Return to most activities by 4-6 months
  - Return to work sedentary duty after 7-14 days; full duty after 3-6 months

**Complications**
- Pain
- Stiffness
- Need for hardware removal (plates/screws)- 15%