

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%

Stacy A. Bacon, M.D.

(281) 917-5523 • 21212 Northwest Freeway, Suite 605

www.HoustonFootandAnkleSurgeon.com