

## Mid Foot Arthrodesis/Fusion

### Surgery

- Outpatient surgery
- Surgery takes about 2 hours
- Nerve block for immediate post op pain
- Splinted (partial cast immediately post-op)
- Will be non-weight bearing for 10-12 weeks
- Use bone graft used, usually obtained from upper shin (tibia)
- Smoking/nicotine decreases fusion rate

### Post-op protocol

- Appointments
  - 7-10 days post-op: remove splint; x-ray; cast applied (non-weight bearing)
  - 3 weeks post-op: stitches out; re-casted (non-weight bearing)
  - 6 weeks post-op: x-ray; re-cast (non-weight bearing)
  - 8-10 weeks post-op: x-ray; patient is re-casted in a weight bearing cast or placed in a walking boot (dependent upon x-rays)
  - 10-12 weeks post-op: x-ray, if arthrodesis has healed then progress to stiff tennis shoe, possibly orthotic insert; begin physical therapy (PT)
    - If arthrodesis has not healed continue in cast or boot until healed then progress to PT
  - 18-20 weeks post-op: full release if fusion is solid
- 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 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

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