

Metatarsal ORIF

Home Care Instructions

- Weight-Bearing** After surgery you will be non-weight bearing on the operative leg until the first post-operative appointment at our office. You will need to use crutches, wheelchair, or a walker for the first several weeks. Please remain in the splint until that time. We will plan to transition you out of the splint and into a boot at the first office visit.
- Diet** Start off light meals and progress diet as tolerated. Carbohydrates will generally have a lower incidence of nausea and vomiting.
- Pain Medication** You will be given a prescription for narcotic pain medicine before you leave the hospital. Take this medication only if you need to relieve severe pain. Only take one pill every four hours with food. If your pain is not relieved by one pill, you may take two pills at your next dose. You may also use an over the counter medicine if you choose. Use caution when taking narcotic medications, because they affect your ability to drive and concentrate. Also take 2000mg Vitamin C until wound is fully healed.
- Wound Care & Showering** Swelling in the operative leg is normal. The swelling can take up to 3 to 4 months to subside. As you become more ambulatory, the swelling may increase. Swelling can be further controlled by cold therapy or compression over the surgical site. You may also develop some bruising around the incision site and the operated leg. The bruising will eventually go away as the body reabsorbs the blood. A light compressive dressing has been applied to your incision to absorb some of the fluid under the splint. Keep the splint dry. You may shower with the splint covered by a waterproof cover or bag.
- Ice** Ice is an excellent source of relief of pain, swelling, stiffness, and inflammation. Use it as often as 15-20 minutes three times a day. You may continue to use ice several weeks following surgery. **DO NOT USE HEAT!**
- Return Visits** The office will call you to schedule your post-operative appointments.
- Emergency** Dr. Russonella's staff is available 24 hours a day in case you experience any problems once you leave the hospital. The risk of infection is very low risk. Notify the office if you develop a fever >101°F, with unusual increase in pain, redness, and warmth. Report any pus or unusual drainage to our office immediately. It could be a concern if your incisions swell or have drainage. If you encounter any problems, please call our office.
- ** If you feel chest pain or shortness of breath, please go to the nearest ER for evaluation. Do not call the office or wait for an appointment; although extremely rare, this could be a blood clot in the lungs.****