

What to expect

Expected hospital stay:

2-3 nights. You are discharged when you are confident and comfortable.

Anaesthetic:

A combination of an ankle block and general anaesthetic is used for the surgery.

Can I walk?

You may not put any weight on your operative foot, however you may use crutches, frame or wheelchair, but you must rest and elevate your foot (23 3/4 hours a day) for 1-2 weeks after the procedure.

Can I shower?

You may shower but keep your cast and dressing dry & intact.

How long does the postoperative cast stay on?

The first cast remains on for 1-2 weeks after the surgery. After this time the cast is replaced with a light weight fibre glass cast for 4-6 weeks, then a CAM Walker for 4-6 weeks, then supportive shoes with insoles.

When can I resume normal activities?

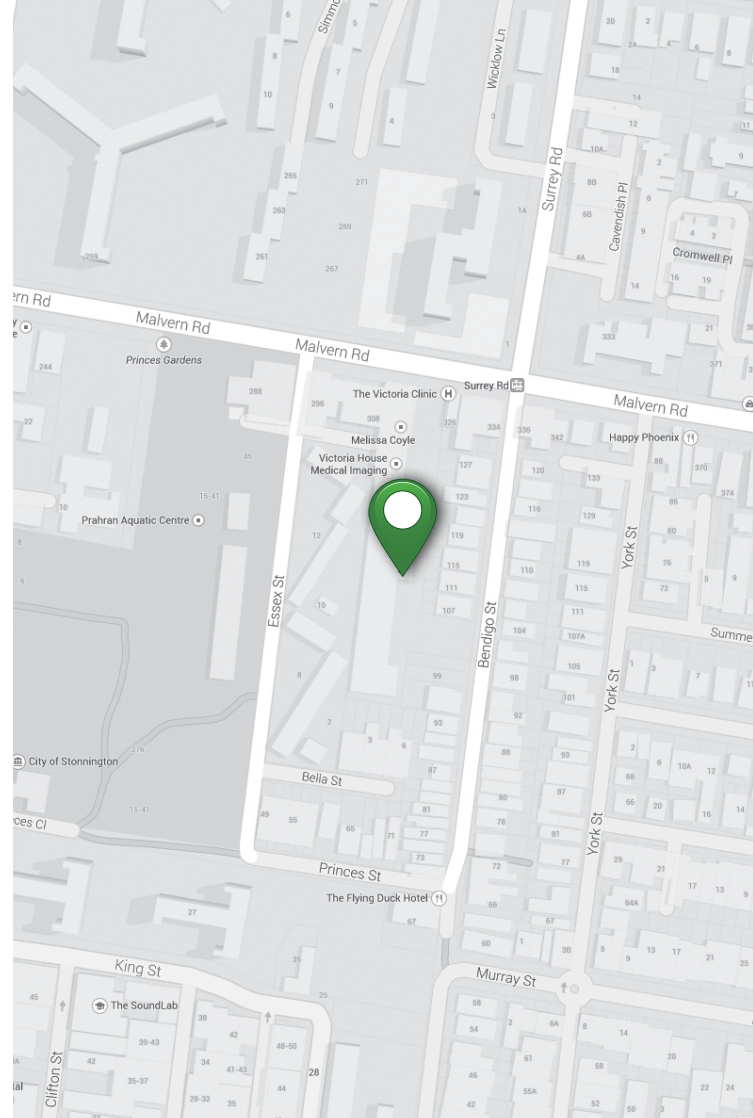
After the two week mark, a slow in-crease in activity is encouraged. It will take 2-4 months to feel the benefits of the surgery, it may take 1-2 years to fully settle.

Your first post operative appointment:

This will occur 1-2 weeks after your procedure. At this time your dressings are removed and wounds assessed.

When can I return to work?

If you have a sedentary job you will need at least 2 weeks off. If you have an active job where you stand or walk you will probably require 1-2 months off work.



Midfoot Fractures



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Midfoot Fractures

Lisfranc (Tarsometatarsal Injuries)

Lisfranc Injuries are uncommon fractures/dislocations of the midfoot that typically occur during a fall or twisting motion. They can be misdiagnosed as a 'sprain'.

These injuries present with pain and swelling on the dorsum of the foot and typically there is bruising on the plantar aspect of the foot.

Non-operative treatment such as plaster immobilisation is not ideal and can lead to increased risk of post traumatic midfoot arthritis.

There are a number of surgical procedures used to treat a Lisfranc fracture.

Surgical Treatment

What is the treatment?

Surgery allows the anatomy of the midfoot to be reconstructed and are typically treated with open reduction internal fixation where screws/plates are inserted.

Plates and screws are generally removed at the 6 month mark post surgery.



Pre op



Post op - open reduction internal fixation