

Arthrodesis (Fusion) Surgery

What is an arthrodesis (fusion)? An arthrodesis (fusion) is removing the remaining abnormal cartilage from the affected joint (s) and holding the bones together with staples and/ or screws, and in some cases a nail (metal rod) until they fuse.

***Following arthrodesis (fusion) procedures:**

Tarsometatarsal, midfoot, calcaneal cuboid, talonavicular, subtalar, triple, pantalar and/ or ankle arthrodesis (fusion).

Doctor's Orders:

***Strict NON weight bearing (meaning do NOT place foot down on the ground) for 6 weeks in a non removable fiberglass cast.**
This may mean you have to hop on your other foot.

***Then weight bearing as tolerated for additional 4 weeks in a non removable fiberglass cast or boot.**

***Then weight bearing as tolerated for additional 4 weeks in a cam walker boot.**

***If you are diabetic these time frames will be increased.**

***Keep foot elevated above heart level to reduce swelling for the first 2-3 weeks or as long as it takes for you.**

Minimal activity.

***You will need the assistance of crutches, a walker, a roll-a-bout, and/or wheelchair during the NON weight bearing weeks.**

***Do not immerse operated foot/ ankle in water**

***DO NOT GET CAST WET! If cast gets wet, call the clinic ASAP. Go to ER if on weekend.**

***Do not place any items down into the cast for any reason; please call the nurse for advice.**

***Keep cast/ cam walker boot clean and dry.**

***You will need to plan for clothing to fit over the cast or cam walker boot.**

***You need to practice non-weight bearing activity prior to surgery, to verify that you are able.**

***You may not drive for 6 to 10 weeks post-op, maybe longer if complications or other procedures are included in your surgery not noted above.**

Usual post-op procedure:

***You will be placed in splint at the surgery center or hospital.**

***You will leave the surgery center or hospital with a prescription for pain medicine and anti-nausea medicine.**

***There will be continued bleeding for several hours after surgery, the blood may be visible through the splint/ dressing; this is expected. Should the bleeding be such that it is leaking or dripping from the splint/ dressing, please contact the office for advice and an appointment.**

***First post-op visit is 2-3 weeks from surgery date, this is both a wound check and to place you in the first non removable fiberglass cast.**

***Stitches are removed 2-3 weeks from surgery date.**

***You will have residual swelling; this should resolve over a 4-6 month period from your surgery date.**

Some Potential Complications:

***Infection of incision site.**

***Excessive activity may cause increased pain and swelling; which can lead to other complications.**

***Non-union of arthrodesis (fusion) site.**

***Repeat surgical procedure.**

***Tobacco use increases the risk of complications and inhibits healing.**

***Certain medical conditions increase the risk of complications and inhibit healing.**

***Numbness or nerve pain around your incision.**

If you have any questions please do not hesitate to call our office.

I have read and understand the above surgical protocol. All questions were answered in a language I understood.

Signature of Patient or Authorized Signature for Patient

Date

If you have any concerns or questions, please call 635-3052 to speak to my office for directions on how to proceed.