

# MIDFOOT FRACTURE / LISFRANC FRACTURE

## What is the problem?

A Lisfranc injury is an injury to one or more of the small joints of the middle of the foot.

## What's involved?

There are a number of steps to this surgery. They are:

- general anaesthetic, intravenous antibiotics
- incision over fracture
- restoration of normal anatomy
- fixation of fracture with screws or wires
- check x-ray
- wound closure
- application of plaster

## What's the worst thing(s) that can happen with surgery?

All surgical procedures carry some risk. Fortunately the risk of complications with midfoot / Lisfranc surgery is relatively low. Some of the risks of surgery include:

- Infection
- Problems with wound healing
- Nerve injury causing numbness, tingling and/or pins and needles.
- Non-union
- Deep venous thrombosis/pulmonary embolism. (The risk of DVT increases with smoking, the oral contraceptive pill and hormone replacement therapy, immobility and obesity).
- Anaesthetic complications
- Drug allergy
- Ongoing pain

## What can I expect after surgery?

### *Rest*

- You will have a cast on your leg. Keep foot elevated as much as possible, especially for initial 72 hours. Keep dressings dry and intact until post operative appointment.
- Mobilise short distances as pain allows, aim to remain in your own home for the first few weeks limiting long periods of standing or mobilising
- Do **not** bear weight for the first six weeks

### *Pain*

- Pain relief may be required for up to 2-4 weeks; depending on your other medications this may include:

- Regular paracetamol, anti-inflammatory drugs and break through opiate type medications
- A regular blood thinning medication will also be prescribed for 2 weeks

#### *Driving*

- Any surgery performed on the right foot or both feet will mean no driving for a minimum of 6 weeks
- If surgery was performed on the left foot then driving in an automatic is possible, but Dr Phegan would recommend waiting a minimum of two weeks before attempting to drive
- Driving any vehicle with a cast or boot is potentially hazardous and you should consider this before getting behind the wheel

#### *Follow up*

- Keep all dressings dry and in tact for the first two weeks
- Removal of stitches/sutures typically occurs at an appointment with Dr Phegan and his in-house therapists at 10-14 days at first post operative appointment. Very occasionally some sutures need to stay in for longer
- Your appointment will be booked by Dr Phegan and a confirmatory SMS will be sent informing you of the time and date for follow up

#### *Typical milestones*

- 2 weeks: Wound review and removal of sutures, change from cast to boot, commence rehabilitation
- 2-6 weeks: regular physiotherapy to increase range, continue non-weight bearing
- 6 weeks to 3 months: work on swelling reduction, scar massage and mobility
- Full recovery 6-12 months

**Every patient's recovery is individual and depends on the severity of the injury and the complexity of the surgery.**

#### **ANY PROBLEMS**

During office hours contact Dr Phegan's office on (07) 56711120 or email [info@drphegan.com](mailto:info@drphegan.com)

After hours please contact the hospital where your surgery was performed or attend your local GP