

5TH METATARSAL ORIF

POST OP INSTRUCTIONS

 www.TheAmericanOrthopedics.com/resources



Dr. Drew Ratner

INITIAL INSTRUCTIONS

- Ice and elevation along with pain medicine are your keys to initial pain management.
- After you arrive home, rest the remainder of the day. You may be tired or nauseated from the anesthesia and/or pain medication.
- You will be in a boot after surgery. You should wear this at all times after surgery.

WOUND CARE

- Leave the dressing in place until your follow up appointment.
- It is extremely important to always keep the surgical site clean and dry to help prevent infection.
- Signs of infection include redness, swelling, increased pain, warmth, fever (above 101.4 degrees F) and drainage from the wound. If you note any of these signs, please call the office immediately.

BATHING/SHOWERING

- You may shower **after your surgery** but keep your dressing dry and covered.
- After your stitches are removed, you may shower and clean the wound gently with soap and water **but do not soak or submerge** the surgical site until the wounds are completely healed (typically 3-4 weeks after surgery).

ACTIVITY

- You may return to **sedentary work ONLY** the day after surgery, if pain is tolerable.
- **OK to use a computer.**
- You will be non-weight bearing for 2-4 weeks depending on the specifics of your surgery.
- You can begin to work on range of motion of ankle immediately as pain allows.

PHYSICAL THERAPY

- **You will be given a physical therapy prescription and a physical therapy protocol usually at your first postoperative appointment.** The protocol is a description for you and your physical therapist that details all of your restrictions and activities throughout your entire recovery. Please be sure to give this to your physical therapist.

Call 864-807-9998 with any questions
about your post-op instructions.



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CAM WALKER BOOT

- You will be put in a CAM Walker boot after surgery.
- Boot should be worn at all times (except for hygiene and exercises).
- You will usually be in the boot for at least 6 weeks post-operatively, depending upon your procedure.

ICE THERAPY

- Icing is very important to decrease swelling and pain and improve mobility.
- Please use ice for 20 minutes at least 3 times per day.
- Be sure to keep clothing or a towel between ice and skin, as placing the ice directly on skin may cause frostbite. **Do not place directly on skin.**

MEDICATIONS

- **If placed, nerve blocks and pain medication injected into the wound will wear off 8-24 hours after surgery.**
- You will be given a prescription for Vitamin D to be taken for a total of 8 weeks and a prescription for Calcium 500mg to be taken 3 times per day for 30 days to aid in bone healing.
- You will be given a prescription for Tylenol (Acetaminophen) 500mg which you will take every 8 hours for the first 30 days.
- You will be given a prescription for Ibuprofen 800mg which you will take every 8 hours for the first 30 days. This is an anti-inflammatory. If you are on an anti-inflammatory at baseline (ex: Celebrex, meloxicam), you will not take Ibuprofen in addition.
- You will be given a prescription for Aspirin 81mg to take twice per day for 30 days to prevent blood clots. If you are on a blood thinner at baseline, you will not take aspirin in addition.
- You will be given a prescription for a narcotic pain medication. This should be taken every 8 hours as needed for **breakthrough pain.**
- Common side effects of narcotic pain medications include:
 - Nausea- Take medication with food. If prescribed you may use anti-nausea medication. If nausea persists, call the office to consider having the medication changed.
 - Drowsiness
 - Constipation - We recommend purchasing an over-the-counter stool softener (such as colace) to take as directed while taking narcotics to prevent constipation.
- **Do not drive a vehicle or operate heavy machinery while on narcotic pain medications.**
- **Do not mix narcotics with alcohol.**
- **Ice and elevation** will aide in additional pain control.
- Please take all medications as prescribed.

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POST-OP OFFICE APPOINTMENT

- Your first post-operative visit should be scheduled in the office prior to surgery. If the appointment was not arranged prior to surgery, please contact the office.
- Your first post-operative visit should be 10-14 days after surgery.
- Depending on your surgery, plan for follow-up visits at 6 weeks, 3 months, and 6 months.

EMERGENCIES OR CONCERNS

- Email Dr. Ratner at drewratner@theamericanorthopedics.com
- Or call the office at 864-807-9998 or go to the nearest ER if you have any of the following:
 - Any abrupt change in the nature or severity of pain
 - Redness or swelling in your thigh or calf that does not go away or is getting worse
 - Redness around incisions
 - Continuous drainage or bleeding from the incision (occasional drainage is expected)
 - Develop a fever greater than 101.4 degrees F
 - Chest pain, shortness of breath, intractable nausea/vomiting, or anything else concerning
 - Difficulty moving your toes or extreme pain when moving your toes
 - Numbness or tingling that does not go away or is getting worse
 - Cold foot or color change in extremity (Please be aware that the skin prep in surgery may have an orange, brown, or blue tint)
 - If you have an emergency that requires immediate attention, proceed to the nearest emergency room

DREW RATNER
MD, MBA

ORTHOPEDIC SURGEON



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drewratner@theamericanorthopedics.com



www.TheAmericanOrthopedics.com



10 Enterprise Blvd. Ste 209 Greenville, SC 29615

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