

HINDFOOT FUSION

Information: Hindfoot arthritis can be treated without surgery. If you decide to have surgery, a fusion is one option that can be performed. A fusion is where I remove the joint and connect bones together. Patients may have other deformities and/or painful conditions that may be fixed at the same time. Risks of surgery include, but are not limited to: infection, wound healing issues, scar, swelling, stiffness, pain, numbness, injury to vessels, bone healing problems, hardware problems/need for hardware removal, recurrence, other deformity, need for future surgery, perhaps a condition you may feel is worse or not much better from your preoperative status. If you need an excuse for work, please let us know before surgery. If it is your right leg, most cannot drive for 8-12wks. Most are out of work at least 1 month, some 2-3 months.

On the day of surgery: You and your anesthesiologist will determine what is best for your surgery. Often, a block is provided by the anesthesiologist. This will decrease the amount of pain after surgery. The risks of anesthesia/block will be discussed with the anesthesiologist. You will be brought to the operating room and your leg will be cleaned for surgery. Drapes will then be placed over your leg and your entire body to keep our field clean. You will be given antibiotics before/during surgery. I will perform your surgery (perform an incision, perform the surgery as above and as we discussed in the clinic, fuse the joint(s), add hardware, close the tissue/skin). I will place a boot on your leg which must stay on until your first visit. After surgery, I will discuss the surgery with your guest that day.

After Surgery: You will be taken to the recovery room and sent home when the nurses and anesthesiologist think you are suitable for discharge. Some patients stay overnight if your surgery was performed at the hospital. You are not allowed to walk on the operative leg. You will be sent home on pain medicine with the hope that you can discontinue it as quickly as possible. You can use crutches, knee walker, walker, wheelchair, etc.

Postoperative Course:

2 wks – I will see you for dressing and staple removal, x-rays. You will be given an incisional care handout.

6 wks – You will return, repeat x-rays and you can touchdown weight bear in the boot with crutches and advance weight bearing to full over the course of 2 weeks.

10-12 wks – I will see you for repeat x-rays and you will receive a brace. You can start to wean the boot into comfortable shoe wear of choice with ankle brace

4-6 months – You will begin to feel that this is “behind you” and although you are not fully normal/healed, you should be doing quite well. It takes a full year to recover from this fusion. Swelling is the last issue to resolve and can be 12-18 months for this surgery. I’m happy to see you at any time during the scheduled visits or unscheduled visits if you have questions/concerns. *Thank you and I will take excellent care of you!*

Disclaimer: These are general statements and may not apply specifically to your care. I may modify as needed for your individual care.