

LISFRANC INJURY SURGERY (ORIF)



SURGERY INFORMATION



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THE SURGERY

- The surgery is called an **ORIF** which stands for **O**pen **R**eduction (putting the bones in the correct position) and **I**nternal **F**ixation of the bones
- The surgery involves an incision (sometimes more than one) over the top of the middle of the foot
- The ligament area is debrided and the bones are put back into the correct position and held in place with a plate and screws; sometimes it requires more than one plate
- Xrays are used in theatre to make sure the bones are aligned correctly, and there is a tourniquet placed around the thigh to help with bleeding



Post operative xray of an ORIF of a Lisfranc injury

THE HOSPITAL STAY

- You will wake up with a **moonboot**
- Your foot will be elevated overnight, and you have **antibiotics through a drip**
- You will need blood thinner medication to **thin your blood and vitamin C** for 6 weeks
- You will stay in hospital for **1-2 days** with antibiotics, blood thinners, regular paracetamol, regular laxatives, regular vitamin C and stronger pain killers to take if and when required
- You will be only allowed to **touch your foot to the ground for 6 weeks**
- Depending on your balance and strength, you may need rehabilitation post operatively
- Buying a second hand **knee scooter** pre operatively (can search online) and practicing at home before the surgery, can be helpful; please bring it into the hospital with you. It is easier to use a knee scooter than crutches

WHEN YOU GO HOME

- You will need **medications** for pain relief; regular paracetamol (2 tablets four times a day) is recommended, as well as strong pain killers, especially at night before bed. These can have side effects of drowsiness, nausea and constipation, and other tablets to help with these side effects may be required.
- You will need blood thinning medication and vitamin C for 6 -8 weeks
- You will need a shower chair and bags to **keep the moonboot dry** for the first 2-3 weeks
- You will need to attend your **post op appointment** in 2-3 weeks where the wounds will be checked
- After this you will be able to shower with a shower chair out of the boot

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REHABILITATION

All patients are different. These timelines are only a guide, and some patients may progress faster or slower than others.

0-3 weeks	<ul style="list-style-type: none"> You will be in a moonboot for 2-3 weeks; please treat this like a plaster and do not remove it You will only be allowed to touch your foot to the ground for balance. Please keep your foot elevated and out of bed for toilet only You will need to bag the leg for showers Pain relief: Please take regular paracetamol with meals and before bed; stronger pain killers are often needed, especially before bed Please take blood thinning medication and vitamin C 1g daily as prescribed
2-3 weeks	<ul style="list-style-type: none"> Post op appointment: dressings are changed You can then take the foot out of the boot for showers and bed You will still need to elevate the foot most of the day You can start static strengthening and range of motion exercises with physio
6 weeks	<ul style="list-style-type: none"> You will have an xray You can start progressive weightbearing in a boot over 6 weeks with an orthotic with a medial arch support
12 weeks	<ul style="list-style-type: none"> You will have another xray; You can start weight bearing without the boot and increased strengthening You will still have ongoing swelling but you can wear normal shoes if you can fit into them (supportive sneakers are best) You can start swimming and cycling

6 months	<ul style="list-style-type: none"> You may have another appointment an xray You will be feeling more 'yourself' and improved pain relief in the foot The plate and screws will need to be removed with a minor surgery 9-12 months post op (day case) Once the wounds are healed after the plates are removed, you can start sports-specific training and increase to impact sports
12 months	<ul style="list-style-type: none"> You will have another xray If the bones are healed, you may be discharged It will be good to continue with the orthotic with the medial arch support

WHEN CAN I DRIVE?

- Left foot 3 weeks (if driving an automatic car)
- Right foot 6-8 weeks

WHEN CAN I RETURN TO WORK?

- Seated work at 2-3 months
- Prolonged standing 8-12 months
- Heavy labour work 12-18 months

WHAT CAN GO WRONG?

- Anaesthetic problems
- Wound/scar problems
- Nerve/vessel/tendon injury
- Blood clots
- Infection
- Stiffness
- The foot does not heal
- The foot heals in the wrong position
- Ongoing pain
- Arthritis in the midfoot
- The need for further surgery

CONTACT

If you want more information, or have any questions or problems, please contact Dr Graff on admin@christygraft.com or please call the rooms on **0493 461 133**