



Midfoot Arthrodesis (Fusion)

Post-Surgical Guidelines

Post-op week 2

Follow up with MD.
Sutures are removed, x-rays taken and new cast applied.
Continue 325 mg aspirin/day for next 2 weeks.
Remain no-weight bearing and keep cast dry.

Week 6 Post-op

Follow up with MD.
Cast removed and x-rays taken
Walking boot usually applied - weight-bearing progression determined by the healing progression on XR.
Knee high TEDS compression stocking used under boot for post-op swelling.
Start formal PT.

Week 10 Post-op

Follow-up with the MD.
X-rays taken and fusion evaluated.
If healed, supportive footwear, orthotics, and physical therapy.

Post-op Month 6

Follow-up with x-rays and evaluation with anticipated discharge from service.