



## **Post-operative guidelines for *lisfranc fracture***

Please note these are general post-operative guidelines and may change for various reasons on a case-by-case basis. Diabetics will require more time to heal.

At 2 weeks after your surgery you will be seen to have your stitches removed. You will be placed in a cast

At 6 weeks after surgery you will be placed in a boot to begin gentle range of motion, but you are still not to bear any weight.

At 8 weeks you will begin to bear partial weight in the boot with the assistance of crutches or a walker. We will have orthotics made at this time.

At 10 weeks we will begin weight bearing as tolerated.

At 14 weeks we will transition to a regular stiff-soled shoe.

By 16 weeks we will allow non-impact activity such as stationary bike, swimming. We would strongly recommend against impact activity (running) until removal of the screw.

At approximately 6 months we will plan the surgical removal of the screw.

Please use extreme caution while using assistive devices such as crutches, walkers, or Roll-A-Bout. You can fall and break something else!

If at any time after surgery you notice increasing redness, pain, drainage from the incision, fevers or chills, please contact Dr. Kestner's office (843) 572-2663

**Do not use tobacco products!! It greatly reduces healing and increases the risk of complications.**

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