

Procedure Information Sheet – Metatarsal Fracture Fixation

Hosp No. :	HKID No.:
Case No. :	
Name :	
DOB :	M / F
Adm Date :	
Contact No. :	

1. Introduction

- 1.1. Fractures of metatarsal are common injuries that can occur with twisting injuries or trauma to the foot.
- 1.2. Patient with metatarsal fracture will suffer pain and inability to bear weight.
- 1.3. If the fracture occurs between the base and the shaft of metatarsal or along the shaft of metatarsal, surgical intervention will be needed.
- 1.4. Surgery can help the bone heal in a correct position and return the patient to full function.

2. Procedural Preparation

- 2.1. Tests may be ordered include X-Ray or Magnetic Resonance Imaging (MRI) of foot, blood tests, Chest X-Ray and Electrocardiogram (ECG).
- 2.2. The reason of operation, procedure and possible complications will be explained by the surgeon and consent form will be signed before operation.
- 2.3. Pre-operative anesthetic assessment will be performed. The anesthetic management and its possible risks will be explained by the anesthetist with consent for anesthesia signed.
- 2.4. Inform doctor for any drug allergy, regular medications or other medical conditions.
- 2.5. Inform doctor for any blood thinning agents.
- 2.6. Do not eat or drink for 6 to 8 hours before operation if under general anesthesia.

3. Procedure

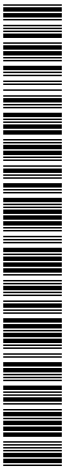
- 3.1. The operation can be performed under general or regional anesthesia.
- 3.2. Small incisions are made on the side of the foot.
- 3.3. A plate and screw are placed into the bone across the fracture.
- 3.4. An X-Ray machine may be used to guide the screw placement.
- 3.5. The screw is typically left in place and generally does not need to be removed.
- 3.6. The wounds are closed with sutures and covered with sterile dressing.

4. Recovery Phase

- 4.1. Elevation of the operated leg above heart level is encouraged to reduce swelling and pain.
- 4.2. If general anesthesia has been applied, you may experience discomfort in the throat after tracheal intubation.
- 4.3. Please inform the nurse of wound pain. You will be given pain medications according to doctor's prescriptions if required.
- 4.4. Keep wound clean and dry to prevent infection.
- 4.5. Patient will undergo non-weightbearing and heel walking exercise with walking aids for the first 6 weeks, depending on patients' conditions.
- 4.6. Cast may be applied after surgery for stabilize the operated site.
- 4.7. Weightbearing exercise will be arranged after 6 weeks, depending on patients' conditions.
- 4.8. You should follow doctor's prescriptions of taking medication, and attend follow-up as scheduled.

5. Possible Risks and Complications

- 5.1. There are complications that relate to surgery in general. These include the risks associated with anesthesia, infection, damage to nerves and blood vessels, pain, bleeding or blood clots and wound breakdown.
- 5.2. The metatarsal fracture may not heal and can become a nonunion.
- 5.3. The operation for metatarsal fracture fixation is generally very effective and is rarely associated with major complications, such as re-fracture.



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6. Remark

6.1. The above-mentioned procedural information is not exhaustive, other unforeseen complications may occur in special patient groups or individual differently. Please contact your physician for further enquiry.

7. References

- 7.1. Retrieved from The Stone Clinic, Orthopaedic Web site.
- 7.2. Retrieved from American Orthopaedic, Foot and Ankle Society Website. Retrieved from ORTHOBULLETS Website.
- 7.3. Retrieved from Sportdandortho, FIXATION OF FIFTH METATARSAL FRACTURE Website.

I acknowledged the above information concerning the operation or procedure. I have also been given the opportunity to ask questions and received adequate explanations concerning the condition and treatment plan.

Patient/ Relative Signature: _____

Patient/ Relative Name:

Date:

