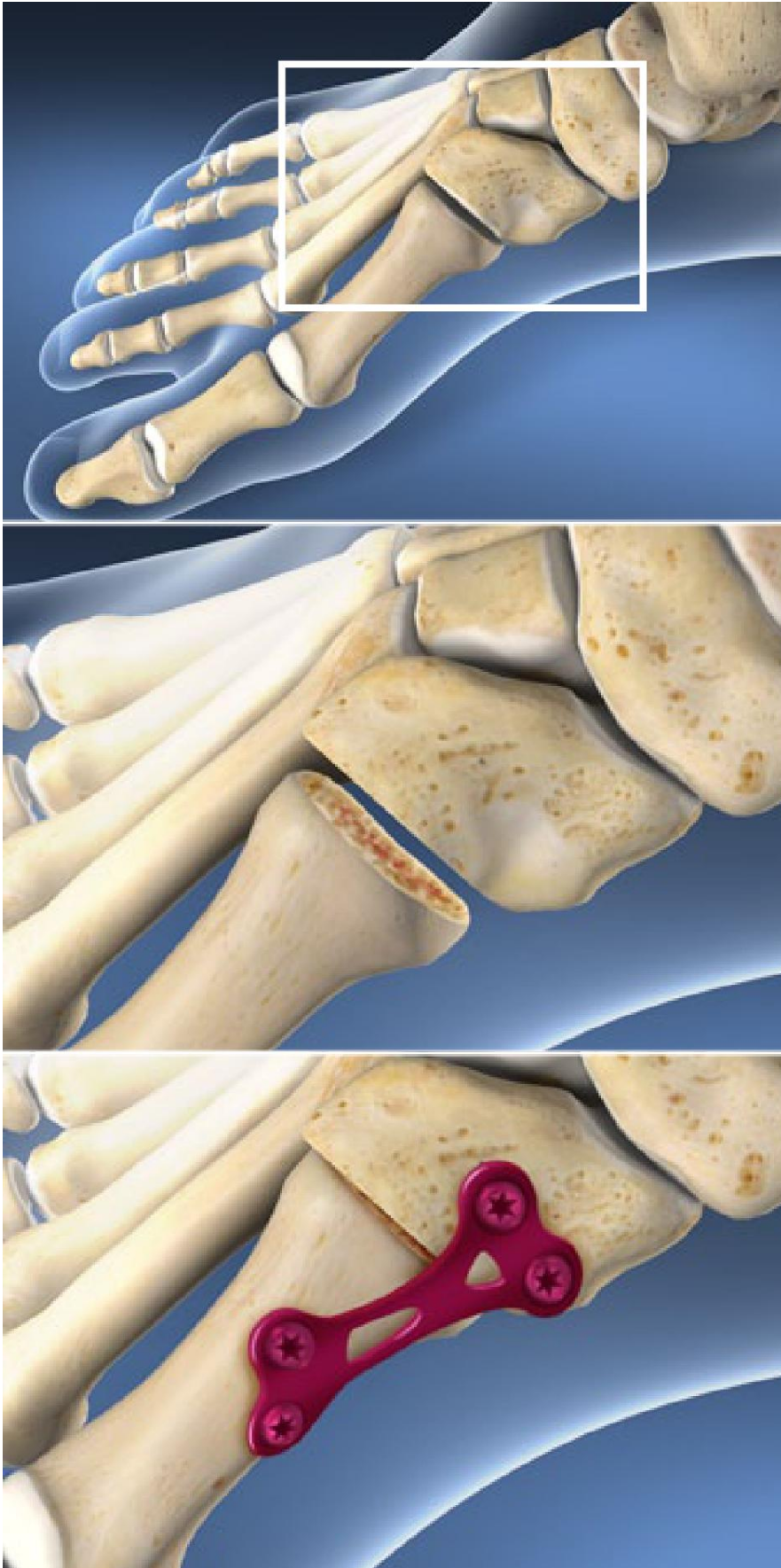




Lapidus Arthrodesis (with Medial Plate Fixation)



Overview

This procedure fuses two bones in the foot. These are the first metatarsal and the medial cuneiform. This procedure can be used to treat arthritis. It can be used as part of a bunionectomy. It may also be used as part of a procedure to correct a flatfoot.

Preparation

In preparation for the procedure, you are given anesthesia. An incision is made in your skin to expose the tarsometatarsal joint. This is where the first metatarsal meets the medial cuneiform.

Preparing the Bones

The surgeon carefully separates these bones. The cartilage is removed from the ends of the bones.

Securing the Bones

The surgeon stabilizes the bones with a metal plate and screws. This holds them in a corrected position. The surgeon may also add bone graft or stem cells to the site. Over time these bones will heal, creating a fusion.

End of Procedure and Aftercare

When the procedure is complete, the incision is closed. Your foot is bandaged, and it is placed in a cast or a splint. You will be monitored for a brief time before you are allowed to go home. You may be asked to temporarily refrain from putting weight on the foot after the surgery. Your doctor will give you specific instructions to aid your recovery.