



## Metatarsal Fracture Fixation (Open Reduction and Internal Fixation)



### Overview

This procedure is used to correct a fracture of one or more of the long bones of the foot. During this procedure, the surgeon stabilizes the bones with hardware to allow the bones to heal properly.

### Preparation

In preparation for the procedure, the patient is positioned and anesthesia is administered. The surgeon creates one or more incisions on the foot to access the fractured metatarsals.

### Fixation

The surgeon carefully realigns the bones and stabilizes the fractures with screws and other devices. The surgeon may choose from a variety of types of screws, along with rigid plates or wires.

### End of Procedure and Aftercare

When the procedure is complete, the incisions are closed and the foot is bandaged and placed in a splint. The patient will not be allowed to bear weight on the foot for about six to eight weeks. A walking brace or shoe may be required until the fractures have fully healed.