



## Midfoot Fusion



### Overview

This surgery treats a problem in the middle part of your foot. We do it to relieve the pain of arthritis. It's also done to correct a deformity, or to treat an injury. There are several bones in your midfoot that may be fused. These include the navicular, cuboid, cuneiform and metatarsal bones.

### Preparation

To begin, we give you medicine to put you to sleep. We make an incision to reach the bones of your midfoot. If these bones are damaged, they may need to be modified or repositioned. We remove the cartilage between the bones so they'll be able to fuse. We may also put bone graft between your bones.

### Fusion

Now we secure the bones. There are many kinds of screws and plates that we can use to hold the bones together. We'll pick the devices that are right for your needs. In the following weeks, new bone grows to create a solid fusion.

### End of procedure

When the surgery is done, the incision is closed. You'll be watched in a recovery room, and then you can go home. Recovery can take a long time. So, follow your doctor's care plan for a safe recovery.