

## JONES FRACTURES (5<sup>th</sup> METATARSAL BASE FRACTURES)

**Information:** A Jones fracture (5<sup>th</sup> metatarsal base fracture) may be treated with surgery. A Jones fracture occurs at the base of the 5<sup>th</sup> metatarsal, and due to lack of blood supply to this area, may heal slowly or refracture without surgery. If you decide to have surgery, I will make a small incision on the outside of your foot and insert a screw inside the canal of the bone to help stabilize the fracture. The risks of surgery include, but are not limited to, infection, wound healing issues, scarring, swelling, stiffness, pain, numbness, injury to vessels, bone healing problems, hardware problems, need for hardware removal, recurrence/refracture, other deformity, need for future surgery, a blood clot and/or pulmonary embolism, and/or perhaps a condition you may feel is worse or not much better from your preoperative status. If it is your right foot, most patients resume driving approximately 6 – 8 weeks postoperatively.

**On the Day of Surgery:** The scheduling team will call you with your arrival time one day prior to your surgery. Once you arrive at the facility, the staff will direct you where to go. I will meet you in the preoperative holding area where we can discuss any remaining questions that you have and review the surgical plan. You and the anesthesiologist will determine the type of anesthesia that is best for you. Often, a block is provided by the anesthesiologist. This will decrease the amount of pain after surgery. The risks of anesthesia/block will be discussed with the anesthesiologist. You will then be brought to the operating room.

**After Surgery:** I will discuss the details of the surgery with your guest and review the postoperative plan. You will be taken to the recovery room and sent home when the nurses and anesthesiologist think you are suitable for discharge. You will be in a splint, and for the first two weeks, you cannot put any weight on your operative foot. You will be sent home on pain medicine with the hope that you can discontinue it as quick as possible.

### Anticipated Postoperative Course:

Time Postoperatively	Description
0 – 2 Weeks	Elevation above the heart is <i>EXTREMELY</i> important during this period. Non-weightbearing for the first 2 weeks in a splint.
10 – 14 Days	Appointment with Dr. Boden. Anticipate suture/staple removal. Non-weightbearing X-rays of the operative foot will be obtained. You will be given a tall CAM walking boot and may begin touchdown weightbearing.
2 – 6 Weeks	Begin touchdown weightbearing in the tall CAM boot. Slowly advance your weightbearing by 25% of your weight per week until you are fully weightbearing approximately 6 weeks postoperatively. You may remove the boot for showering and for gentle ankle range of motion exercises.

Disclaimer: These are general statements and may not apply specifically to your care. I may modify as needed for your individual care.

<b>6 Weeks</b>	<p>Follow-up appointment with Dr. Boden to monitor progress. Weightbearing X-rays of the operative foot will be obtained. Transition from the CAM boot to comfortable shoe with a carbon fiber insole.* We may also begin PT at this visit if necessary.</p> <p>*Carbon Fiber Insole: Search Amazon.com for “Recovery Carbon Fiber Insole by EST CARBON.”</p>
<b>6 – 8 Weeks</b>	<p>Transition from CAM boot into a comfortable shoe with a carbon fiber insole. You will be weightbearing as tolerated in your comfortable shoe with a carbon fiber insole. You may advance to non-impact activities as tolerated (walking, stationary bicycle, and/or elliptical). No high impact activities allowed.</p>
<b>8 – 12 Weeks</b>	<p>At 8 weeks postoperatively, you may remove the carbon fiber insole from your shoe. You may now transition to shoe wear of your choice. You may begin to advance your activities including gradually returning to sports activities.</p>
<b>3 Months</b>	<p>Follow-up appointment with Dr. Boden to monitor progress. Weightbearing X-rays of the operative foot will be obtained. Advance to all activities as tolerated.</p>
<b>3 – 6 Months</b>	<p>Advance to all activities as tolerated. You will begin to feel that this is “behind you,” and although you are not fully normal / healed, you should be doing quite well. Swelling is the last issue to resolve and may be 6 – 12 months for any foot surgery.</p>
<b>6 Months</b>	<p>If there are no issues, this is your final follow-up appointment with Dr. Boden. I’m happy to see you at any time postoperatively if there are any issues or you have any concerns. <i>Thank you for the opportunity to take care of you!</i></p>

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