

DR JEFF LING MBBS BSc (Med) FRACS (Orth)
Adult and Paediatric Orthopaedic Surgeon
Specialising in the Foot and Ankle

Open Reduction Internal Fixation Lis Franc Injury

INTRODUCTION

This is a dislocation of the joints at your midfoot, and generally comprise tears to the ligaments plus or minus associated fractures. Lis franc was one of Napoleon's army generals who first described this injury. These are often unstable injuries that require surgery known as "open reduction and internal fixation". This involves restoring the normal anatomy of the bones and joints of the midfoot and holding them in place with purpose-built titanium plates and screws. The good news is that most patients have a good, functional result following surgery and are able to return to pre-injury activities.

THE PROCEDURE

There are a number of steps to this procedure:

1. General Anaesthetic
2. Administration of intravenous antibiotics
3. 1 – 2 Incisions made over the top of the foot depending on the injury
4. Injured joints reduced anatomically and held with titanium plates and screws
5. Intra-operative check Xray
6. Wound Closure with sutures
7. Plaster Backslab

RISKS & COMPLICATIONS

Every surgical procedure carries some risk. These risks are largely uncommon and many are rare.

They include:

- Anaesthetic complications
- Drug reactions
- Wound infection
- Deep Vein Thrombosis (DVT)/Pulmonary embolism (PE)
- Sensory nerve injury
- Chronic Regional Pain Syndrome
- Ongoing Pain
- Stiffness
- Post-traumatic Arthritis

POST OPERATIVE PROTOCOL

1 - 2 nights in hospital for observation, training with hospital physiotherapist to use crutches/knee scooter
Backslab plaster and its dressings kept dry and intact until first post-op appointment
Keep foot elevated as much as possible, for the first 2 weeks
Bloodthinner (Xarelto) taken for first 4 weeks whilst non-weightbearing
Pain killers required for up to 2 weeks
First post-op appointment roughly 2 weeks post surgery for wound check and conversion to boot depending on nature of fracture
Weightbearing – nonweightbearing for first 4 weeks,
Weightbearing in moonboot from 4 – 10 weeks
Jogger/walking shoe with arch support from week 10 till hardware removed
Return to most activities by 6 months except high impact like running
Hardware removed at 6 months
Full recovery up to 18 - 24 months

PROBLEMS AND CONCERNS

If you have any queries or concerns, contact Dr. Ling's rooms on 9650 4782 between business hours. After hours or on weekends, if your matter is urgent, please present to the Emergency Department at Prince of Wales Hospital if you are an adult, or Sydney Children's Hospital if the patient is your child, and you will be seen by the Orthopaedic Registrar on call, who will contact Dr Ling directly