

5th Metatarsal Fractures
POST OPERATIVE INSTRUCTIONS
Michael F Shepard M.D.
(714) 634-4567

1. First Post – Operative Day

- A. Continue ice pack every one to two hours while awake.**
- B. Pain medication as needed.**

2. Second Post – Operative Day Until Return Visit

- A. Continue ice pack as needed.**
- B. Wear your splint at all times. Place a plastic bag over the splint for showers.**
- C. You may not place any weight on your operated extremity. Use your crutches for movement and balance. You will walk with the brace locked in extension for about 4 weeks.**
- D. You must wear your brace at all times.**

NO WEIGHT BEARING ON THE OPERATED SIDE

3. Suture Removal

- A. Your sutures need to be removed 7-10 days from surgery at your first post op visit. Rehab should start after your first visit.**

For Return Appointments

- 4. Your 1st post-op visit will need to be scheduled for 10-14 days after surgery.**
- 5. If you have any problems or questions please call our office at (714) 634-4567. If you have a problem after hours the answering service will contact Dr. Shepard.**
- 6. Any activity that requires precise thinking and accuracy must be avoided for the first twelve hours after surgery and while taking pain medication, which includes operating machinery and/or driving a vehicle.**