NIKHIL NANAVATI
MBBS MRCS FRCS (Tr and Orth) MSc Orth Eng (Merit)
Consultant Orthopaedic Surgeon

ARTHROSCOPIC ANKLE ARTHRODESIS

Post op:

- ELEVATE
- CHECK DISTAL CIRCULATION, SENSATION, MOVEMENT
- 2 X FURTHER DOSES ANTIBIOTICS
- LMWH (Blood thinners) AS INPATIENT
- MOBILISE NWB 2/52
- XRAY IN AM – AP/LAT ANKLE
- HOME IN AM WHEN SAFE
- COP 2/52 – COMMENCE PWB
- OUTPATIENT APT 6/52 POA/XOA PROGRESS FWB IF OK
- POP 3/12 MINIMUM
- **PHYSIO AT 3/12 – ADVICE RE PAIN + SWELLING MX**
  FOREFOOT/MIDFOOT/HINDFOOT ROM
  STL
  ↑WB
  ↑ STRENGTH / PROPRIO TRAINING
  ↑ FUNCTION