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

ARTHROSCOPIC HINDFOOT FUSION

Post op:

- ELEVATE
- CHECK DISTAL CIRCULATION, SENSATION + MOVEMENT
- 2 X FURTHER DOSES ANTIBIOTICS
- AP/LAT ANKLE XRAY TO SHOW WHOLE NAIL
- MOBILISE TWB 2/52
- HOME WHEN SAFE
- COP 2/52 – PROGRESS TO PWB IF OK
- OUTPATIENT APT 6/52 POP, XRAY ON ARRIVAL, PROGRESS TO FWB IF OK
- POP 3/12 MINIMUM
- **COMMENCE PHYSIO 3/12 – ADVICE RE**
  PAIN/SWELLING MX
  ROM AT OTHER JOINTS
  STL
  ↑ WB
  ↑ STRENGTH
  ↑ FUNCTION
  PROPRIO