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

EXCISION OF PVNS

Post op:

- ELEVATE
- CHECK DISTAL CIRCULATION, SENSATION, MOVEMENT
- MOBILISE NWB 2/52
- HOME WHEN SAFE
- COP 2/52 + COMMENCE PWB – FWB AS ABLE AND TOLERATED
- OUTPATIENT APT 6/52 POA, LEAVE FREE
- OUTPATIENT APT RUA 3/12
- **PHYSIO – ROUTINE ANKLE :**
  ADVICE RE PAIN/SWELLING MX
  AID INC MOBILITY
  RESTORE TCJ + STJ ROM
  STL
  ↑ STRENGTH
  ↑ PROPRIO