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

OS Trigonum excision

Post op:

- ELEVATE
- CHECK DISTAL CIRCULATION, SENSATION, MOVEMENT
- MOBILISE WB AS ABLE
- HOME LATER WHEN SAFE
- REDUCE DRESSING 10 DAYS
- LMWH 2/52 (BLOOD THINNERS)
- OPA 6/52
- **COMMENCE PHYSIO 2/52 – ROUTINE FOOT AND ANKLE PHYSIO:**

WOUND + SWELLING MX
REGAIN FOOT AND ANKLE ROM
STL
↑ STRENGTH/FUNCTION
↑ WB
PROPRIO /BALANCE TRAINING