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

OS CALCIS OSTEOTOMY

Post op:

ELEVATE

- CHECK DISTAL CIRCULATION, SENSATION, MOVEMENT
- MOBILISE NWB 1/52
- XRAY LATER
- HOME WHEN SAFE
- 2 X FURTHER DOSES ANTIBIOTICS
- COP 1/52 – COMMENCE PWB IF WOUND OK
- OUTPATIENT APT 4/52 POA/XOA – PROGRESS FWB IN NEW POP IF OK
- **4/52 PHYSIO –**
  ACHILLES REHAB
  ADVICE RE PAIN /SWELLING/WOUND MX
  STRETCHES,
  ↑ AROM
  ↑ STRENGTH,
  GRADUAL LOADING,
  PROPRIO/ BALANCE