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

TIB POST RECONSTRUCTION +/- STJ ARTHRODESIS FOR FLAT FOOT

Post op:

- ELEVATE
- CHECK DISTAL CIRCULATION, SENSATION + MOVEMENT
- 2 X FURTHER DOSES OF ANTIBIOTICS
- XRAY FOOT
- LMWH (Blood thinners) UNTIL WB
- MOBILISE NWB 4/52
- HOME WHEN SAFE
- COP 4/52 + BRING TO NEUTRAL + COMMENCE PWB
- OUTPATIENT APT 6/52 POA/XRAY ON ARRIVAL – PROGRESS TO FWB AS ABLE
- POP 10/52 MINIMUM
- **COMMENCE PHYSIO 3/12 – ADVICE RE PAIN + WOUND MX**
  AID INC IN MOBILITY
  GENTLE ROM
  PROPRIOCEPTION ++ / BALANCE
  ↑ STRENGTH IN FDL TENDON