**DISCHARGE NOTE (№745)**

**Patient:** CARTU Joshua Michael Oren

**D.O.B.:** 11.03.1979

**Age:** 42

**Admission date:** 26.07.2021

**Discharge date:** 27.07.2021

**DIAGNOSIS:** Closed fracture of the 5th metacarpal bone of right hand with displacement. (Trauma on 24.07.2021)

**SURGERY (26.07.2021):** Closed reduction and internal fixation of the 5th metacarpal bone of right hand with K-wires screw. (Dr. M. Sautin)

**ANAMNESIS MORBI**: According to patient, the trauma occurred on 24.07.2021. Admitted to ECSTO EMC, was examined by Dr. Ryazantsev, fracture was diagnosed, surgical treatment was recommended - closed reduction and internal fixation of a middle phalanx fracture with K-wires a screw. Patient agreed with the treatment plan.

**PHYSICAL EXAMINATION**: Condition is satisfactory. Clear consciousness, oriented. Skin is intact, normal color. Breathing is carried out in all parts of the lungs. Breathing 18/min, HR 67, AP 125/85. The abdomen is soft, painless on palpation. There were no abnormalities of the internal organs and systems functions.

The right hand is moderately swollen on the dorsal side, the swelling is not tense, the skin is intact, visible deformation of the 5th metacarpal bone. Active movements in the right hand are constricted by pain in the 5th Malrotation of the 5th finger. Palpation of the 5th metacarpal bone is painful. There are no signs of acute neurocirculatory disorders in the hand.

On the radiographs of the right hand (provided by the patient): radiological signs of a subcapitular fracture of the 5th metacarpal bone of the right hand with displacement.

**SURGERY (26.07.2021):** Closed reduction and internal fixation of the 5th metacarpal bone of right hand with K-wires screw. (Dr. M. Sautin)

**Control X-ray**: position of bone fragments and wires is satisfactory.

**ON DISCHARGE:** Patient status is satisfactory. No inflammation signs, effusion on operated upper extremity, no neurovascular dysfunctions on the left upper extremity.

The patient is discharged under local orthopaedist’s or our clinic doctors’ follow up.

**Temporarily incapable of work.**

**RECOMMENDATIONS:**

1. **Elevated position** of the right hand;
2. **Ice packs** on the right hand for 15-20 min 3-4 times per day;
3. **Immobilization** of the right hand in a splintduring **6 weeks** after the surgery;
4. **Movements in joints of the right upper extremity** are allowed from day 1 after the surgery;
5. **Intensive and sport activities** for the right hand are restricted for 3 months;
6. **Dressing** **changing** on post-operational wounds every 3-4 days, first follow-up **30.07.2021** by appointment to Dr B. Gazimieva;
7. **Strips and suture removal** after **12-14 days** after the surgery;
8. In case of pain - **Nurofen 400 mg**  1 pill after after meal, up to 3 pills a day;
9. In case of pain - **Efferalgan 500 mg**  1 pill after after meal, up to 6 pills a day;
10. **Controloc 40 mg** 1 pill a day for the period of painkillers administration;
11. **Rehabilitation therapy** (could be performedunder the observation of the our rehabilitation department (ECSTO);
12. **Control X-ray of the right hand** in 6 weeks after the surgery, to access the bone union and to specify K-wires extraction time.

**Orthopedic surgeon, MD** Dr. B. GAZIMIEVA

**Orthopedic surgeon, MD, PhD** Dr. M. SAUTIN

**Chief doctor, medical director, MD, PhD** Prof. A. KOROLEV