**DISCHARGE NOTE (№ 405)**

**Patient:** Li Yang

**D.O.B.:** 20.04.1987

**Age:** 33

**Admission date:** 19.04.2021 **Discharge date:** 19.04.2021

**DIAGNOSIS:** Consolidating fracture of the middle phalanx of the 4th finger of left hand, closed rupture of extensor digitorum tendon of the 4th finger of the left hand. (Trauma on 13.02.2021, K-wire fixation on 02.03.2021.)

**SURGERY (19.04.2021):** Removal of the K-wires of the 4th finger of left hand. (Dr. M. Sautin)

**ANAMNESIS MORBI**: According to patient, the trauma occurred on 13.02.2021- patient felt on the left hand. Admitted to ECSTO EMC, was examined by Dr. Sautin, fracture was diagnosed, surgical treatment was performed on 02.03.2021 - reduction and internal fixation of a middle phalanx fracture with K-wires. This hospitalization is for planned K-wire removal. 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 16/min, HR 68, AP 125/75. The abdomen is soft, painless on palpation. There were no abnormalities of the internal organs and systems functions.

The 4th finger of the left hand is not immobilized. Visually, there is a minimal swelling of soft tissues and smoothing of the contours of the ring finger. Рalpation of the middle phalanx of the finger is not painful, no visual deformity. No neurovascular disorders in the left hand.

**SURGERY (19.04.2021):** Removal of the K-wires of the 4th finger of left hand. (Dr. M. Sautin)

**Control X-ray**: position of bone fragments is satisfactory, the wires are removed.

**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 left hand;
2. **Ice packs** on the left hand for 15-20 min 3-4 times per day;
3. **Immobilization** of the left hand in a splintduring **1 week** after the wire removal;
4. **Dry bandage** on the 4th finger for **7 days** after wires removal;
5. **Movements in joints of the left upper extremity** are allowed from day 1 after the wire removal in a splint;
6. **Intensive and sport activities** for the left hand are restricted for 1 month;
7. **Bandage and splint removal** after **7 days** after the surgery by appointment to Dr. B. Gazimieva;
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 CT scan of the ring finger** 6 weeks after the wire removal.

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

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

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