**DISCHARGE NOTE (№554)**

**Patient:** MOLCAN Alexander Vladimir

**D.O.B.:** 05.09.2006

**Age:** 14

**Admission date:** 2021-05-28

**Discharge date:** 2021-05-29

**DIAGNOSIS:** Closed avulsive fracture of the dorsal edge of the base of the distal phalanx of 3rd finger of the right hand with displacement. Injury on May 19, 2021.

**SURGERY (2021-05-28):** Open reduction, osteosynthesis of the distal phalanx of 3rd finger of the right hand with K-wires. (Prof. I.O. Golubev)

**Complaints:** of dysfunction, deformation, swelling of the 3rd finger of the right hand.

**ANAMNESIS MORBI**:

According to the patient, pain, swelling and deformity in the area of ​​the 3rd finger of the right hand have been present since May 19, 2021, after hitting a basketball with the finger while playing. Due to increased pain, admitted to ECSTO EMC for consultation and determination of tactics for further treatment, consulted by Dr. A.N. Logvinov. Further treatment tactics were discussed with the patient. Surgical intervention was recommended: closed reduction, osteosynthesis of the phalanx with K-wires. The patient agreed with the treatment tactics.

**Anamnaesis vitae:** Chronic illness - denied. Constant medication administration – denied. Allergies, according to patient, food - spices, allergies to medication - denied. Denied infectious diseases, tuberculosis.

**PHYSICAL EXAMINATION**:

Overall condition is satisfactory.

Chest X-ray dated 28.05.2021: no pathology of the chest organs was detected.

PCR COVID-19 dated 28.05.2021: negative.

Right upper extremity is fixed with a polymer splint on the DIPJ of the 3rd finger. Visually, the 3rd finger of the right hand is swollen, deformed. Subcutaneous hematoma. Instability of the interphalangeal joints is not determined. Lack of active extension in the distal interphalangeal joint. Active flexion is preserved, limited due to pain associated with swelling. No signs of acute neurovascular disorders in the right upper limb.

On **radiographs** of the right hand dated 27.05.2021: radiological signs of an intra-articular closed fracture of the dorsal edge of the base of the distal phalanx of 3rd finger of the right hand with displacement.

**SURGERY (2021-05-28):** Open reduction, osteosynthesis of the distal phalanx of 3rd finger of the right hand with K-wires. (Prof. I.O. Golubev)

**On control postoperative** of the right hand: position of the bone fragments and wires is satisfactory.

**ON DISCHARGE:**

Patient status is satisfactory. Dressing change performed. No inflammation signs in the wound sites, mild swelling in the operated hand, no neurovascular dysfunctions in the operated upper extremity. Fixation of the 3rd finger in a polymer splint.

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

**RECOMMENDATIONS:**

1. **Elevated position** of the right hand – 1 week after surgery;
2. **Ice packs** on the right hand – 15-20 min 3-5 times per day 5-7 days after surgery;
3. **Immobilization of the 3rd finger of the right** **hand with a splint** – 5 weeks after surgery;
4. **Excessive physical activity, loading** for the fingers of the right hand is restricted for 12 weeks after the surgery;
5. **Dry soft bandages** on the wound site – until wires removal;
6. **Dressing** **changing** on post-operational wounds every 3-5 days for 2 weeks,   
   then – every week until wires removal;
7. **First dressing change –** 01.06.2021by appointment with Dr. B. Gazimieva;
8. **Sutures removal** – in 2 weeks after surgery;
9. **Nurofen** (Нурофен) **400 mg** – 1 pill up to 3 times a day after meals *in case of pain;*
10. **Losec** (Лосек) or **Controloc** (Контролок) **20 mg** – 1 pill once a day *if taking painkillers;*
11. **Control X-rays** of the 3rd finger of the right hand in 5 weeks after surgery with planning of the date of the wires removal;
12. **Rehabilitation therapy** for the 3rd finger of the right hand after the wires removal (could be performedunder the observation of the rehabilitation department at ECSTO).

**Orthopaedic trauma surgeon, MD, PhD**  Prof. I. GOLUBEV

**Assistant trauma surgeon, MD** Dr.B. GAZIMIEVA

**Medical Director, MD, PhD**  Prof. А. KOROLEV