



**SP Fort Hospital**

Setting Standards in Quality Health Care

First ISO Certified Hospital in Kerala



## DISCHARGE SUMMARY

### DEPARTMENT OF ORTHOPAEDICS -UNIT II

Dr.CHERIAN M. THOMAS MS Ortho  
(Former Professor & Head Dept of  
Orthopaedics, Medical College Hospital, Trivandrum)

Dr.SHIBU JOHN MS Ortho (Unit Head)  
Dr.A.DILEEP KUMAR D.Ortho,DNB  
Dr.RAJESH V. D.Ortho,DNB  
Dr.ROHITH RAVINDRAN DNB(Ortho)

Name : ADITHYAN M P

MC BHAVAN  
KOTTACKAKOM

Age : 21/ YRS / M

OP No. : 2024/004171

IP No. : 2024/000513

DOA : 01/02/2024

DOD : 04/02/2024

Room : 415

Consultant : Dr. SHIBU JOHN

#### FINAL DIAGNOSIS:

ACL TEAR RIGHT KNEE

#### HISTORY & CLINICAL FINDINGS:

This 21 year old patient presented to us with complaints of pain and instability right knee since 2 months following an alleged history of RTA in November 2023 slip and fall from 2 wheeler. Initially treated at local hospital conservatively but instability persists. So came here for further management.

O/E - Conscious, oriented

L/E- Right Knee -

No edema, No deformity

No scar/ wound

Mild tenderness (+) around knee joint

knee ROM - full

Lachman test +ve

Anterior drawer test +ve

No deficits

Active toe movements (+)

Distal pulse (+)

MRI- Complete tear ACL (R)

#### TREATMENT GIVEN.:

The patient was admitted and evaluated. After necessary preoperative investigation, obtaining fitness for surgery from concerned departments



and with informed consent, he underwent Arthroscopic ACL reconstruct. right knee on 02/02/2024 under spinal anaesthesia using Ipsilateral semitendinosus + gracilis Graft. femoral tunnel fixed proximally by proloop adjustable loop button (SIRONIX). Distally tibial side fixed by PEEK screw 10 mm x 30 mm (SIRONIX) small tear middle horn of lateral meniscus balancing done. PCL and medial meniscus intact Skin staples. Postoperative period was uneventful. Check X ray acceptable. No deficit. He was ambulated toe touch.

CONDITION AT THE TIME OF DISCHARGE:

Stable, Toe touch ambulation

ADVICE ON DISCHARGE:

- |                        |       |                        |
|------------------------|-------|------------------------|
| 1.Tab. KEFTAZ 500 mg   | 1-0-1 | x 3 days               |
| 2.Tab. PRUF- P         | 1-0-1 | x 10 days (after food) |
| 3.Tab. PANTZOMED 40 mg | 1-0-0 | x 30 days              |
| 4.Tab. ECOSPRIN 75 mg  | 1-0-1 | x 1 month              |
| 5.Cap. BECOSULES Z     | 0-1-0 | (15)                   |

EMERGENCY NO. FOR COMMUNICATION:

☎Dr. SHIBU JOHN - 9847159840  
☎Dr. ROHITH RAVINDRAN - 9447325833  
SP WELL @ HOME - 7034410101 (HOME CARE SERVICE)

REVIEW ON:

On 17/02/2024 (morning OP)

SITUATIONS WHEN TO OBTAIN URGENT

Excess pain, Fever, Discharge from operation site

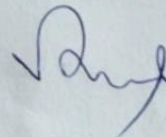
17/2/24

SR done

Exam

Rom 10° to 80°

Continue Physio



NAME & SIGNATURE OF CONSULTANT

PLEASE BRING THIS SUMMARY AT EACH VISIT

17/2/24

Dr. SHIBU JOHN  
M.S. Ortho  
Consultant Orthopaedic Surgeon  
Reg. No. 23985  
S.P. Fort Hospital

5/3/24

To Physio - Anadropes Strength (weight)  
Rom exam Knee

1/3/24

Rom good Continue exam

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