

Metro General Hospital

Orthopedics Department

Admission Date: 2024-03-22

Discharge Date: 2024-03-25

MRN: 0001234567

Diagnosis

- Closed fracture of the left patella (knee cap)

History & Presentation

The patient presented to the emergency department following a fall from a bicycle. Reported severe left knee pain, swelling, and inability to bear weight. No history of head trauma or loss of consciousness. No previous knee injuries reported.

Investigations

- X-ray: Confirmed transverse fracture of the left patella
- CBC, coagulation panel: Within normal limits

Treatment Provided

- Knee immobilized using a cylinder cast
- Analgesics administered (Paracetamol + Ibuprofen)
- Tetanus toxoid administered
- Crutches provided for assisted ambulation
- No surgical intervention required

Discharge Medications

- Paracetamol 500mg - 1 tablet every 6 hours as needed for pain
- Ibuprofen 400mg - 1 tablet every 8 hours after food
- Calcium + Vitamin D supplement - once daily

Advice on Discharge

- Keep the leg elevated as much as possible
- Do not remove or wet the cast
- Avoid putting weight on the affected leg
- Use crutches when ambulating
- Ice therapy for 10 minutes, 3 times daily
- Return immediately in case of numbness, bluish discoloration, or increasing pain

Follow-Up

- Orthopedic review in 2 weeks
- X-ray and range of motion evaluation scheduled
- Physiotherapy to begin post-recast evaluation