

DISCHARGE SUMMARY

Patient Name: Alice Smith

Date of Birth: 1 February 1990

NHS Number: 123 456 7890

Hospital Number: LOC-20240124-001

Consultant: Dr. Thomas Miller, MBBS, FRCS (Orth)

Ward: Orthopaedic Surgical Unit

Admission Date: 24 January 2024

Discharge Date: 28 January 2024

Diagnosis:

- Primary:** Right Anterior Cruciate Ligament (ACL) Tear
- Secondary:** Snowboarding Accident Injury

Procedure:

- Arthroscopic ACL Reconstruction (Right Knee)

Clinical Summary:

Ms. Smith was admitted electively following a snowboarding accident in the French Alps, resulting in a confirmed complete rupture of her right ACL. She underwent arthroscopic ACL reconstruction under general anaesthesia on 25 January 2024. The surgery was uneventful, with good graft fixation and no intraoperative complications. Post-operative recovery was satisfactory. Pain was well-controlled with oral analgesia, and early mobilisation with the physiotherapy team was initiated. She remained haemodynamically stable throughout her admission and demonstrated good engagement with her rehabilitation programme.

Discharge Medications:

- Paracetamol 1g four times daily as needed
- Ibuprofen 400mg three times daily with food as needed

Discharge Instructions:

- Continue prescribed physiotherapy sessions as scheduled
- Weight-bearing as tolerated using crutches
- Keep the surgical dressings intact and dry for 5 days
- Watch for signs of infection (redness, swelling, fever) and contact GP if concerned
- Follow-up appointment with Dr. Miller in 2 weeks for review and suture removal

Follow-Up:

- Orthopaedic Outpatient Clinic, London Orthopaedic Clinic, 12 February 2024 at 10:00 AM