



Joint Replacement and Reconstruction Discharge Summary

Patient Name: Mrs. KULKARNI ANURADHA MRD#: 1394898
HARIBHAU

Date Of Birth: 04/02/1948

Sex: Female

Visit Code: IP0001

DOA: 06/11/2024

DOD: 10/11/2024

Room/Bed No.: SS13B-4323

Consultant: Dr. WAKANKAR HEMANT

Reference: Dr. MANE NEELIMA

Diagnosis: Osteoarthritis of right knee.

Clinical course and Event:

C/O: Pain in right knee, difficulty in walking, climbing stairs.

K/C/O: hypertension

O/E: Vitals - Normal, RS - Clear, CVS - NAD, P/A - Soft.

L/E: No Effusion, No PFT, MJLT ++, ROM R - 10° - 140°, Hips - Normal, No DNVC.

ASA Grade:

2

Pre op Hb: 11.9

Pre op PCV: 39.5

Pre op Sr Creat: 0.64

Pre op HbA1C: 5.8

Pre op EF: 60%

Post op Hb: 10.2

Post op PCV: 33

Post op Sr Creat: 0.68

Advice on Discharge:

1. T. ALTRADAY 1-0-0 x 15 days.
2. T. ULTRACET 0-0-1 x 7 days and then SOS
3. T. XARELTO 10 mg 0-0-1 x 14 days.
4. T. RESNER PLUS 0-0-1 x 1 month
5. T. TRICIUM ACTIVE 1-0-0 x 2 months.
6. T. ECOSPIRIN 75 0-0-1 x 3 months (To be started only after course of T. XARELTO is over)

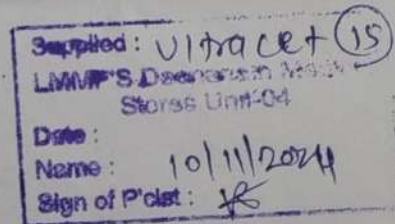
Following medicines to be continued as per Physician's advice

1. T. STAMLO 5 MG 0-0-1
2. T. METPURE XL 25 MG 1-0-0 ​

FOLLOW UP AFTER 1 MONTH IN MEDICINE OPD WITH PRIOR APPOINTMENT

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	KNEE ROM ON DISCHARGE	
RT	0	90

Staple Removal on: 20/11/2024

Physiotherapy for 1 month after discharge:

Next follow up at Deenanath Mangeshkar Hospital, Pune 3 months

With: Dr. Hemant Wakankar

OPD Time: Mon and Wed 3 pm to 5 pm

By prior Appointment only. For appointment call 020-40151100 between 9 AM - 6 PM.

For emergency contact : Dept. ON Call no: 9850285871.

In case of emergency please come to DMH ER 1 (Emergency Room). It is open 24 hours a day.
Phone no.: 020-4015-1027 / 1065.

OPERATIVE NOTE

Pre-operative Antibiotics:

Inj. SUPACEF 1.5gm IV

Operative Procedure: Right Total Knee Replacement

Date of Surgery: 7/11/24 Type of Anaesthesia: SA+LA Anaesthetist: Dr. Shivde Bhagyashree

Prosthesis Used - ZIMMER, PERSONA, USA

Size	-	Right
Femur		7
Tibia		D
Poly		10 mm MC

Post Operative Course:

Post operative pain controlled WITH LOCAL infiltration.

Inj. Supacef 750 mg IV X 2 doses.

ALL physiotherapy goals achieved.

Foleys cathether: No

ICU STAY: No

Blood Tranfusion: No

General advice after discharge:

List of Emergencies:

Fever, swelling, bleeding, redness, calf swelling, tightness, pain. Please come to hospital for urgent medical attention.

1. Not to wet the wound after surgery till sutures are removed.
2. Routine physiotherapy as per advice.
3. Start walking outdoor by 3 weeks.
4. Driving can be started after 6 weeks.
5. Do not start antibiotics on suspicion of infection without consulting the operating surgeon. Report to Deenanath Hospital joint replacement department.

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6. Review with Dr. Hemant Wakankar after 3 months with prior appointment.
7. Zuprinor Skin patch applied on 7 /11/2024. Do not apply heat in area of Zuprinor skin patch application. Remove patch on 14/11/2024. Remove patch early in case of excessive nausea, vomiting or giddiness.

Special needs

Physiotherapy:

For 1 month at home after surgery

Pain Relief:

Pain killers for 2 weeks , then as and when required

Dressing:

To be changed if soaked more than 50% in fresh blood

Name of Dr: HARDIK

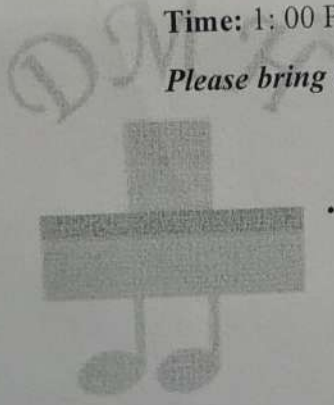
Date: 10/11/2024

Designation: Registrar

Time: 1:00 PM

Investigation attached separately:

Please bring this card for Follow up:





Lata Mangeshkar Medical Foundation's
Deenanath Mangeshkar Hospital & Research Center

Erandawane, Pune 411 004. Tel. : 020 40151000 / 49153000
Email : info@dmhospital.org, Website : www.dmhospital.org



Department of Rehabilitation Medicine

8th Floor, Main Building | 11th Floor, Super Speciality Building
Contact : SS Building : 020 49154121
Email : physio@dmhospital.org



Printed Date: 08/11/2024 15:28:15

PHYSIOTHERAPY INSTRUCTIONS

Patient Name: Mrs. KULKARNI ANURADHA **MRD#:** 1394898
HARIBHAU

Date of Birth: 04/02/1948

Sex: Female

Visit Code: IP0001

Created Date: 08/11/2024

Date of Admission: 06/11/2024

Consultant Dr. WAKANKAR HEMANT

Diagnosis: RIGHT TOTAL KNEE REPLACEMENT

Observation

Treatment Given

Modalities

In Bed Exercises: Yes

Lower Limb:

Ankle Toe Movements Active , Statics Quadriceps , Static Hamstrings , SLR Assisted , Abduction Assisted

Count: 5

Repetition: 10

Bed Side Sitting: Yes

With Support

Bed Side Quadriceps: Assisted

Knee ROM Right:

0-90

bed Side

Standing: Yes

WITH WALKER

Ambulation: Yes

WITH WALKER

Weight Bearing:

Full

Commode Chair Training: Yes

Stair Climbing: Yes

Precautions to be taken:

AVOID PRONE KNEE BENDING

AVOID LOW HEIGHT SITTING

AVOID CROSSED LEG SITTING

AVOID THERABAND AND WEIGHT CUFFS FOR STRENGTHENING

Follow Up:

1 MONTH

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Supervised Physiotherapy At Home:
1 MONTH

Advice/Suggestion:

HIP KNEE CORE STRENGTHENING
BALANCE AND PROPRIOCEPTIVE TRAINING
TRANSFER FROM WALKER TO STICK TO INDEPENDENT WALKING GRADUALLY
GAIT TRAINING IN COMMUNITY

Remark:

For query contact Physiotherapy Department 02049154121 / 49154125 between 09:30am to 06:00pm .
For physiotherapy Home Visit contact :
SPERO HOMECARE SERVICES, Main Building , 1st floor
Contact No : 02040151087 / 7620400100

Khambete



Signed By: Dr..Asavari Saket Khambete (PT)