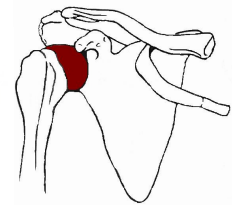
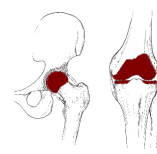


# DR SA PEACH

MBChB (PRET) M MED ORT (PRET) GKS (SA) ORT  
PR 2807122



## ORTOPEDIESE CHIRURG / ORTHOPAEDIC SURGEON

**LIFE EUGENE MARAIS HOSPITAL**  
MEDICAL VILLAGE  
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LES MARAIS 0084

**LIFE FAERIE GLEN HOSPITAL**  
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TEL: (012) 348 4601 (Faerie Glen)  
Email: [andrepeach@lantic.net](mailto:andrepeach@lantic.net)

## PATIENT DISCHARGE FORM – BANKART REPAIR

**PATIENT:** \_\_\_\_\_

### Treatment Plan Post-Operative:

\*Passive range of motion - 6 weeks.

\*Active rehabilitation after 6 weeks.

**Post-operative –  Physiotherapy for ± 9 weeks.** Phone **Linda Peach Physiotherapists** to book an appointment 1 week after discharge. When consulting another physiotherapist, the above-mentioned physiotherapists can be contacted for the treatment protocol.

**Wounds:** No stitches, leave wounds closed 10 – 14 days. Remove dressing if wound is dry, leave open. If any wound discharge contact the Rooms. Shower only.

**Date discharged:** \_\_\_\_\_ **Physician satisfied:**  Yes  No  Did not see physician

### PROGNOSIS:

- i Small chance (less than 10%) chance of recurrence.
- ii A small percentage of patients can develop osteo arthritis of the shoulder as a long-term complication.
- iii Shoulder can become stiff – physiotherapy & regular prescribed exercising is VERY important. (See patient notes)
- iv Normal range of motion is expected. Except external rotation which can be slightly restricted.

**FOLLOW UP APPOINTMENT:** PLEASE PHONE IN TIME (012) 335 9514, TO MAKE AN APPOINTMENT  
 2 WEEKS  3 WEEKS  4 WEEKS  6 WEEKS

### PRESCRIBED MEDICATION

MEDICATION	DOSAGE	FREQUENCY	QUANTITY

**NB!! IF you run out of MEDICATION, PLEASE CALL THE Rooms IN WORKING HOURS FOR A REPEAT PRESCRIPTION**

**NOTE:** \_\_\_\_\_

\_\_\_\_\_  
DR. SA PEACH

\_\_\_\_\_  
PATIENT

\_\_\_\_\_  
DATE