



DISCHARGE INSTRUCTIONS FOR:
Registered Date of Service: 4/29/2006 8:31:00PM

ADOL FEMALE A TEST 31
123 AnyStreet
AnyCity CA, 00000
000-000-0000

Date: 5/3/2006
Pt Acct #: X006105340

DIAGNOSTIC IMPRESSION:

PRIMARY DIAGNOSIS:
Acute, sprain of the left ankle.

MEDICATIONS ORDERED:

Vicodin, Dosage: 1 tab, Route: PO

PRESCRIPTIONS:

ibuprofen, Dosage: 800 mg, Disp: -20-, Sig: 1 tab po q 4h prn fever/pain, Refills: -0-

LOWER EXTREMITY ORTHOPEDIC DISCHARGE INSTRUCTIONS:

- A "Contusion" is a bruise, usually from bumping something or the injured area being struck by something.
 - A "Sprain" is stretching and/or tearing of the ligaments of a joint. Ligaments are "gristle"-like, tough tissue that holds the bones of a joint together. Tendons move over a joint and are the end attachment of a muscle.
 - A "Strain" is stretching or tearing a tendon or muscle, similar to a sprain.
 - A "Fracture" is a broken bone. Fractures can be further described as "displaced" (not in its normal position), "angulated" (the bones aren't not in a straight line), "open" (the bones come through the skin) or "closed" (the bones don't come through the skin).
 - A "Dislocation" is when two bones become separated, rather than normally being joined together by ligaments. When the two bones come part, the joint is "dislocated". This also means the ligaments which hold the joint together are torn or stretched. This usually happens from an injury.
 - Elevate the area whenever possible. Resting the injured ligament, tendon, muscle or bone is the key to healing.
 - Apply ice bag for first 24-36 hours.
 - If an ACE Bandage was applied, you should loosen it every few hours. It is primarily placed for comfort. If numbness, pain, swelling or blue discoloration occurs, have the ACE wrapping checked by experienced personnel immediately and reapplied.
 - WOUNDS: Any wound may become infected even with the best care, so watch for redness, worsening pain or swelling, and see doctor if this should occur.
 - If a splint was placed, keep it dry and do not remove it.
- CRUTCHES:
- If you were given crutches, do not stand on the injured extremity. Use the crutches given. Use your arms to support your weight. If you feel numbness or tingling in your arms you are using the crutches incorrectly, and "pinching" nerves in your armpits. Make sure your crutches have rubber tips on the ends to prevent slippage. Rubber pads at the armpits make the crutches more comfortable.
 - When standing with the crutches about 6 inches from your feet, the underarm pieces should be 1 to 1 1/2 inches below your armpits.
 - Keep the crutches in front of you to ensure a better balance. If numbness, pain, swelling or blue discoloration occurs, have the ACE wrapping and crutches checked by experienced personnel immediately and reapplied.

ADOL FEMALE A TEST 31
123 AnyStreet
AnyCity CA, 00000
000-000-0000

Pt Acct #: X006105340
Date: 5/3/2006
MRN: M0491596
Age: 17Y
Practitioner: Chris Thompson, MD, FACEP

DISCHARGE INSTRUCTIONS FOR:
Registered Date of Service: 4/29/2006 8:31:00PM

ADOL FEMALE A TEST 31
123 AnyStreet
AnyCity CA, 00000
000-000-0000

Date: 5/3/2006
Pt Acct #: X006105340

- Keep the splint dry at all times and do not remove it.

THINGS TO WATCH FOR: numbness in parts of the extremity further down from the injury, severe swelling, discoloration further down the affected extremity, a cold sensation (not from ice) and signs of infection in a wound, such as redness, drainage and swelling.

- Take any prescribed medications as directed.
- Take acetaminophen or ibuprofen (Tylenol or Advil/Motrin) purchased over-the-counter for minor pains and fever.
- Call or return to the Emergency Department if you develop increased symptoms, increased pain or other emergent or serious symptoms. Please call if you have any questions regarding your symptoms.

FOLLOW-UP: Follow-up with your doctor, your choice of physician from the FAMILY PRACTICE LIST in 3 days for re-evaluation.

X-RAYS:

If you had x-rays, then your x-rays were interpreted by the emergency physician during your visit in order to facilitate your diagnosis and treatment. The final x-ray report will be interpreted with a final report written by a radiologist at the earliest convenience. If there is a discrepancy between the emergency physician's interpretation and the official report of the radiologist, you, or your physician will be notified.

Treatment given in the Emergency Department is offered as emergency first aid ONLY. Follow-up treatment may be important for your safety. Please follow carefully your aftercare instructions. Take this sheet and any prescriptions you were given with you when you see a physician in follow-up.

Patient Or Representative

Hospital Representative

ADOL FEMALE A TEST 31
123 AnyStreet
AnyCity CA, 00000
000-000-0000

Pt Acct #: X006105340
Date: 5/3/2006
MRN: M0491596
Age: 17Y
Practitioner: Chris Thompson, MD, FACEP