

Patient Instructions

- **Abdominal Pain**

Seek immediate medical care if any of the following occur

1. Pain becomes severe or steady.
2. Vomiting persists.
3. Blood appears in vomitus, stool or urine.
4. Shaking chills or high fever.
5. Abdomen swells.
6. Constipation or diarrhea.
7. Failure to improve as expected.

- **Aspirin and/or Anti-inflammatory Agents**

Do not use the above medications if you have any of these conditions:

1. Asthma
2. Peptic ulcer disease
3. Bleeding disorder
4. Allergy to these medications

Take medicine with meals. Stop the medicine if it upsets your stomach or if you notice a rash or ringing in the ears or dark stools

- **Back/Neck Injury**

1. Bedrest is the most important treatment. Rolled towels or pillows underneath your thighs or knees may be helpful.
2. Bedrest should be as continuous as possible. Bedrest should be horizontal, not sitting.
3. Gentle massage may be helpful.
4. Use heat or cold on the injured area, whichever seems to help the most. Be careful not to burn yourself.
5. Follow up with your physician if pain is not improved after 5-7 days of bedrest, or weakness of an arm or leg or shooting pain down your arm or leg occurs. Once you start feeling well again, gradual exercise of the affected part will be helpful.

- **Burns**

1. Keep injured area elevated.
2. Change dressing as instructed.
3. Leave blisters alone.
4. Contact us or go to the nearest emergency department if fever or chills or other signs of infection such as redness or pus at wound site appear.
5. Return for wound check as instructed.

- **Culture Results**

You will be contacted *only* if test results indicate that you need additional or different treatment. You will not be contacted if the test is negative or your culture treatment is adequate.

Patient Instructions

• Head Injury/Headache

Our physicians have found no evidence at this time of serious injury or illness and do not feel that hospitalization is necessary. However, your conditions may change within the next 12-24 hours or even longer. Please contact this center or 911 immediately if any of the following occur:

1. Mental confusion or unusual drowsiness.
2. Difficulty in arousing. (The patient should be awakened every 2 hours during the first 24 hours).
3. Persistent, repeated vomiting.
4. Severe, continued headache.
5. Fever or Stiffness of neck.
6. Trouble with speech, balance, vision, weakness of either arm or leg.
7. Bloody or clear fluid dripping from ear or nose.
8. Convulsions (fits or seizures)

Urinary Tract Infection

Our doctor believes that you have an infection of your urinary tract. Such infections usually respond well to antibiotic treatment, however, you should observe the following instructions:

- Although your symptoms may improve within a few days of treatment you should complete your treatment as prescribed.
- Drink at least 8 full glasses of liquid each day.
- Contact us or your regular physician immediately if you do not improve as expected or if fever, chills or weakness occurs.
- Follow up with your regular physician or with our facility as instructed.
- For females, use cotton underwear; wipe from front to back; drink plenty of water and be sure to urinate after sexual activity or after any activity in which there is a lot of heat generated in the groin area, for example, jogging, horseback riding, taking a bath. This is to flush any germs that may have entered through the urethra into the bladder during these activities.

Sprain or Bruise

1. Elevate the injured part as much as possible.
2. Apply ice packs for 30 minutes, every 2 hours for 24 hours. After the first or second day, apply warm compress 4 times a day.
3. If the splint or wrap is too tight or too loose, remove it and rewrap.
4. If all you have is a wrap, remove it at night and replace in the morning.
5. If the lower extremity (i.e from the hip down) is involved, limit weight bearing for _____ days and increase activity as pain decreases.

Splint Instructions

1. Keep the injured part elevated as much as possible.
2. Return to the center or to the nearest emergency dept if fingers or toes become cold, numb, painful or blue or if you feel excessive pressure or tightness in the splinted area.
3. Do not wet or put powder or foreign objects inside the splint, as this may cause skin irritation or infection.

Wound/Bite Care

1. Keep wound and dressing clean and dry. If dressing gets wet or dirty, replace it with a clean dressing.
2. Elevate extremity (arm or leg) to reduce swelling.
3. Contact us or your physician if any signs of infection appear:
 - a. Wound becomes red
 - b. Wound drains pus
 - c. Chills or fever develops
4. Make sure your stitches are removed as instructed, either by your doctor or in our center.

Tetanus

1. If you received a tetanus toxoid today, make a note of the date.
2. It is normal for the arm to be sore or a slight amount of redness to be present at the sight.
3. You may run a low grade fever the next 24hrs.
4. If a more severe reaction occurs, contact us or your physician or call 911.