

Phoenixville Hospital

140 Nutt Road, Phoenixville, PA 19460

(610) 983-1000

Discharge Instructions (Patient)

Name: VASZILY, CHARLES J **Current Date:** 05/30/2017 23:46:24 America/New_York

DOB: 9/1/1990 **MRN:** PAPH000287819 **FIN:** 3622289

Reason For Visit: Scalp laceration; Laceration - other location; head lac

Visit Date: 05/30/2017 22:54:00 America/New_York

Address: 1084 S KEIM ST POTTSTOWN PA 19465

Phone: 6103262499

Primary Care Provider:

Name: YOUNG, DEBORAH A MD

Phone: (610) 323-6835

Emergency Department Providers:

Primary Physician:

SHIBE, WILLIAM

Thank you for choosing Phoenixville Hospital for your care. The examination and treatment you have received in the Emergency Department today have been rendered on an emergency basis only and is not intended to be a substitute for complete medical care. You should contact your follow-up physician as it is important that he or she exam you for any new or remaining problems. If your problem worsens or new symptoms appear and you are unable to arrange prompt follow-up care, call or return to this emergency department

Comment:

VASZILY, CHARLES J has been given the following list of follow-up instructions, prescriptions, and patient education materials:

Follow-up Instructions:

- If you were given a bandage (*dressing*), you should change it at least one time per day or as told by your health care provider. You should also change it if it becomes wet or dirty.
- Keep the wound completely dry for the first 24 hours or as told by your health care provider. After that time, you may shower or bathe. However, make sure that the wound is not soaked in water until after the sutures or staples have been removed.
- Clean the wound one time each day or as told by your health care provider:
 - Wash the wound with soap and water.
 - Rinse the wound with water to remove all soap.
 - Pat the wound dry with a clean towel. **Do not** rub the wound.
- After cleaning the wound, apply a thin layer of antibiotic ointment as told by your health care provider. This will help to prevent infection and keep the dressing from sticking to the wound.
- Have the sutures or staples removed as told by your health care provider.

If skin adhesive strips were used:

- Keep the wound clean and dry.
- If you were given a bandage (*dressing*), you should change it at least one time per day or as told by your health care provider. You should also change it if it becomes dirty or wet.
- **Do not** get the skin adhesive strips wet. You may shower or bathe, but be careful to keep the wound dry.
- If the wound gets wet, pat it dry with a clean towel. **Do not** rub the wound.
- Skin adhesive strips fall off on their own. You may trim the strips as the wound heals. **Do not** remove skin adhesive strips that are still stuck to the wound. They will fall off in time.

If skin glue was used:

- Try to keep the wound dry, but you may briefly wet it in the shower or bath. **Do not** soak the wound in water, such as by swimming.
- After you have showered or bathed, gently pat the wound dry with a clean towel. **Do not** rub the wound.
- **Do not** do any activities that will make you sweat heavily until the skin glue has fallen off on its own.
- **Do not** apply liquid, cream, or ointment medicine to the wound while the skin glue is in place. Using those may loosen the film before the wound has healed.
- If you were given a bandage (*dressing*), you should change it at least one time per day or as told by your health care provider. You should also change it if it becomes dirty or wet.
- If a dressing is placed over the wound, be careful not to apply tape directly over the skin glue. Doing that may cause the glue to be pulled off before the wound has healed.
- **Do not** pick at the glue. The skin glue usually remains in place for 5–10 days, then it falls off of the skin.

General Instructions

- Take over-the-counter and prescription medicines only as told by your health care provider.
- If you were prescribed an antibiotic medicine or ointment, take or apply it as told by your doctor. **Do not** stop using it even if your condition improves.
- To help prevent scarring, make sure to cover your wound with sunscreen whenever you are outside after stitches are removed, after adhesive strips are removed, or when glue remains in place and the wound is healed. Make sure to wear a sunscreen of at least 30 SPF.
- **Do not** scratch or pick at the wound.
- Keep all follow-up visits as told by your health care provider. This is important.

- Check your wound every day for signs of infection. Watch for:
 - Redness, swelling, or pain.
 - Fluid, blood, or pus.
- Raise (*elevate*) the injured area above the level of your heart while you are sitting or lying down, if possible.

SEEK MEDICAL CARE IF:

- You received a tetanus shot and you have swelling, severe pain, redness, or bleeding at the injection site.
- You have a fever.
- A wound that was closed breaks open.
- You notice a bad smell coming from your wound or your dressing.
- You notice something coming out of the wound, such as wood or glass.
- Your pain is not controlled with medicine.
- You have increased redness, swelling, or pain at the site of your wound.
- You have fluid, blood, or pus coming from your wound.
- You notice a change in the color of your skin near your wound.
- You need to change the dressing frequently due to fluid, blood, or pus draining from the wound.
- You develop a new rash.
- You develop numbness around the wound.

SEEK IMMEDIATE MEDICAL CARE IF:

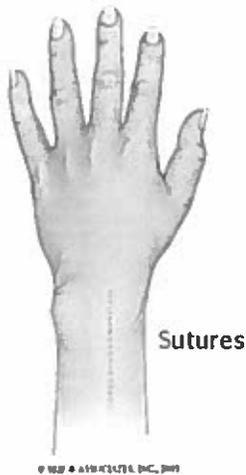
- You develop severe swelling around the wound.
- Your pain suddenly increases and is severe.
- You develop painful lumps near the wound or on skin that is anywhere on your body.
- You have a red streak going away from your wound.
- The wound is on your hand or foot and you cannot properly move a finger or toe.
- The wound is on your hand or foot and you notice that your fingers or toes look pale or bluish.

This information is not intended to replace advice given to you by your health care provider. Make sure you discuss any questions you have with your health care provider.

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Sutured Wound Care

Sutures are stitches that can be used to close wounds. Taking care of your wound properly can help to prevent pain and infection. It can also help your wound to heal more quickly.



HOW TO CARE FOR YOUR SUTURED WOUND

Wound Care

- Keep the wound clean and dry.
- If you were given a bandage (*dressing*), you should change it at least once per day or as directed by your health care provider. You should also change it if it becomes wet or dirty.
- Keep the wound completely dry for the first 24 hours or as directed by your health care provider. After that time, you may shower or bathe. However, make sure that the wound is not soaked in water until the sutures have been removed.
- Clean the wound one time each day or as directed by your health care provider.
 - Wash the wound with soap and water.
 - Rinse the wound with water to remove all soap.
 - Pat the wound dry with a clean towel. **Do not** rub the wound.
- After cleaning the wound, apply a thin layer of antibiotic ointment as directed by your health care provider. This will help to prevent infection and keep the dressing from sticking to the wound.
- Have the sutures removed as directed by your health care provider.

General Instructions

- Take or apply medicines only as directed by your health care provider.
- To help prevent scarring, make sure to cover your wound with sunscreen whenever you are outside after the sutures are removed and the wound is healed. Make sure to wear a sunscreen of at least 30 SPF.
- If you were prescribed an antibiotic medicine or ointment, finish all of it even if you start to feel better.
- **Do not** scratch or pick at the wound.
- Keep all follow-up visits as directed by your health care provider. This is important.
- Check your wound every day for signs of infection. Watch for:
 - Redness, swelling, or pain.
 - Fluid, blood, or pus.
- Raise (*elevate*) the injured area above the level of your heart while you are sitting or lying down, if possible.
- Avoid stretching your wound.
- Drink enough fluids to keep your urine clear or pale yellow.

SEEK MEDICAL CARE IF:

- You received a tetanus shot and you have swelling, severe pain, redness, or bleeding at the injection site.
- You have a fever.
- A wound that was closed breaks open.
- You notice a bad smell coming from the wound.
- You notice something coming out of the wound, such as wood or glass.
- Your pain is not controlled with medicine.
- You have increased redness, swelling, or pain at the site of your wound.
- You have fluid, blood, or pus coming from your wound.
- You notice a change in the color of your skin near your wound.
- You need to change the dressing frequently due to fluid, blood, or pus draining from the wound.
- You develop a new rash.
- You develop numbness around the wound.

SEEK IMMEDIATE MEDICAL CARE IF:

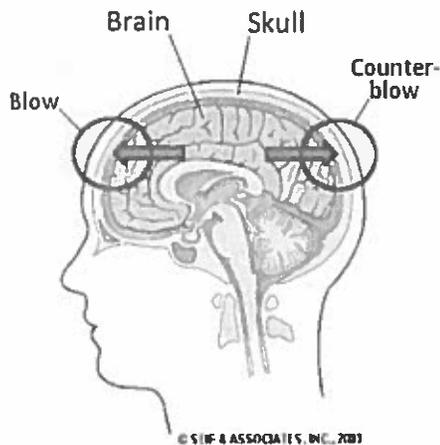
- You develop severe swelling around the injury site.
- Your pain suddenly increases and is severe.
- You develop painful lumps near the wound or on skin that is anywhere on your body.
- You have a red streak going away from your wound.
- The wound is on your hand or foot and you cannot properly move a finger or toe.
- The wound is on your hand or foot and you notice that your fingers or toes look pale or bluish.

This information is not intended to replace advice given to you by your health care provider. Make sure you discuss any questions you have with your health care provider.

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Head Injury, Adult

You have received a head injury. It does not appear serious at this time. Headaches and vomiting are common following head injury. It should be easy to awaken from sleeping. Sometimes it is necessary for you to stay in the emergency department for a while for observation. Sometimes admission to the hospital may be needed. After injuries such as yours, most problems occur within the first 24 hours, but side effects may occur up to 7–10 days after the injury. It is important for you to carefully monitor your condition and contact your health care provider or seek immediate medical care if there is a change in your condition.



WHAT ARE THE TYPES OF HEAD INJURIES?

Head injuries can be as minor as a bump. Some head injuries can be more severe. More severe head injuries include:

- A jarring injury to the brain (*concussion*).
- A bruise of the brain (*contusion*). This means there is bleeding in the brain that can cause swelling.
- A cracked skull (*skull fracture*).
- Bleeding in the brain that collects, clots, and forms a bump (*hematoma*).

WHAT CAUSES A HEAD INJURY?

A serious head injury is most likely to happen to someone who is in a car wreck and is not wearing a seat belt. Other causes of major head injuries include bicycle or motorcycle accidents, sports injuries, and falls.

HOW ARE HEAD INJURIES DIAGNOSED?

A complete history of the event leading to the injury and your current symptoms will be helpful in diagnosing head injuries. Many times, pictures of the brain, such as CT or MRI are needed to see the extent of the injury. Often, an overnight hospital stay is necessary for observation.

WHEN SHOULD I SEEK IMMEDIATE MEDICAL CARE?

You should get help right away if:

- You have confusion or drowsiness.
- You feel sick to your stomach (*nauseous*) or have continued, forceful vomiting.
- You have dizziness or unsteadiness that is getting worse.
- You have severe, continued headaches not relieved by medicine. Only take over-the-counter or prescription medicines for pain, fever, or discomfort as directed by your health care provider.
- You do not have normal function of the arms or legs or are unable to walk.
- You notice changes in the black spots in the center of the colored part of your eye (*pupil*).
- You have a clear or bloody fluid coming from your nose or ears.
- You have a loss of vision.

During the next 24 hours after the injury, you must stay with someone who can watch you for the warning signs. **This person should contact local emergency services (911 in the U.S.) if you have seizures, you become unconscious, or you are unable to wake up.**

HOW CAN I PREVENT A HEAD INJURY IN THE FUTURE?

The most important factor for preventing major head injuries is avoiding motor vehicle accidents. To minimize the potential for damage to your head, it is crucial to wear seat belts while riding in motor vehicles. Wearing helmets while bike riding and playing collision sports (like football) is also helpful. Also, avoiding dangerous activities around the house will further help reduce your risk of head injury.

WHEN CAN I RETURN TO NORMAL ACTIVITIES AND ATHLETICS?

You should be reevaluated by your health care provider before returning to these activities. If you have any of the following symptoms, you should not return to activities or contact sports until 1 week after the symptoms have stopped:

- Persistent headache.
- Dizziness or vertigo.
- Poor attention and concentration.
- Confusion.
- Memory problems.
- Nausea or vomiting.
- Fatigue or tire easily.
- Irritability.
- Intolerant of bright lights or loud noises.
- Anxiety or depression.
- Disturbed sleep.

MAKE SURE YOU:

- Understand these instructions.
- Will watch your condition.
- Will get help right away if you are not doing well or get worse.

This information is not intended to replace advice given to you by your health care provider. Make sure you discuss any questions you have with your health care provider.

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Prescriptions:

Allergy Info: No Known Allergies

Medication Information:

Phoenixville Hospital ED Physicians provided you with a complete list of medications post discharge, if you have been instructed to stop taking a medication please ensure you also follow up with this information to your Primary Care Physician. Unless otherwise noted, patient will continue to take medications as prescribed prior to the Emergency Room visit. Any specific questions regarding your

chronic medications and dosages should be discussed with your physician(s) and pharmacist.

Laboratory Orders

No laboratory orders were placed.

Radiology Orders

No radiology orders were placed.

Patient Care Orders

Name	Status	Details
Discharge Patient	Ordered	05/30/17 23:44:00 EDT, to Home/Self Care
ED Histories/Screenings	Ordered	05/30/17 22:55:52 EDT, 05/30/17 22:55:52 EDT

Comment:

With:

Address:

When:

Follow up with primary care provider

Within 5 to 7 days

Comments:

Call for followup appointment. Keep wound clean and dry. Sutures out in 7 days. Return to the ED for fevers, redness, pus, bleeding, signs of wound infection or signs of head injury

With:

Address:

When:

DEBORAH YOUNG

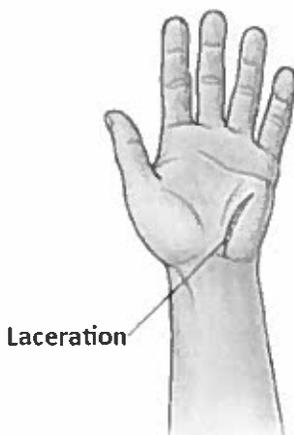
730 S HANOVER ST POTTSTOWN, PA
19465
(610) 323-6835 Business (1)

Patient Education Materials:

Laceration Care, Adult; Sutured Wound Care; Head Injury, Adult

Laceration Care, Adult

A laceration is a cut that goes through all of the layers of the skin and into the tissue that is right under the skin. Some lacerations heal on their own. Others need to be closed with stitches (*sutures*), staples, skin adhesive strips, or skin glue. Proper laceration care minimizes the risk of infection and helps the laceration to heal better.



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HOW TO CARE FOR YOUR LACERATION

If sutures or staples were used:

- Keep the wound clean and dry.

Patient: VASZILY, CHARLES J
MRN: PAPH000287819

FIN: 3622289

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