

## Today's Visit

HP Specialty Center 401 Plastic & Hand Surgery with Katharine S Pico, MD on 11/8/2013.

## To-Do List

### Visit Instructions/Information

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**Reason for today's visit:** follow up left forearm crush injury

**Treatment plan:** You have made significant progress. You no longer have pain and have completed hand therapy. You can resume your normal activities and return to work without restrictions.

**Follow up:** as needed.

Your **test results** are reviewed several times a day. Once they are all in, you will be sent a letter with your results and/or **if you are signed up for on-line services**, you will be e-mailed the results. If there are serious findings, you typically will be called.

If you have any **questions** about your visit, your symptoms, your medication, your test results or it is not clear what your diagnosis or treatment plan is please contact me (via on-line services/e-mail) or call my office at 651-254-8290.

If you need **follow-up in the future**, please call 651-254-8290 for an appointment. If you cannot get a time that satisfies you, please let us know what times work for you and we will do our best to accommodate you.

Katharine S Pico, MD 11/8/2013, 11:31 AM

## Medications

### Instructions

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Please let us know if any of the medications or instructions below are incorrect or missing. If you are unsure, please contact the provider who prescribed them. For refills, please contact your pharmacy.

### Current Medications as of Today

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Medication

Hydrocodone-Acetaminophen      daily as needed.  
 (VICODIN OR)

naproxen (AKA NAPROSYN) 500      Take 1 Tab by mouth two times a day with meals.  
 MG tablet

Hp Specialty Center 401 Plastic & Hand Surgery  
401 Phalen Boulevard  
Saint Paul MN 55130  
Clinic Phone: 651-254-8290  
Appointment Center: 952-967-7977

11/8/2013

Gerren D Bond  
1324 5th Ave S  
South Saint Paul MN 55075

Gerren D Bond is able to attend work from 11/8/2013.

Limitations: No restrictions

Medications prescribed which could interfere with work capacity /alertness: No

Additional comments: n/a

Sincerely,



Katharine S Pico, MD

This form has been electronically signed by Katharine S Pico, MD



Inver Grove Heights Allina Urgent Care  
5565 Blaine Ave  
Inver Grove Heights MN 55076-1207  
651-241-9400

Gerren D Bond  
1324 5th Ave S  
South Saint Paul MN 55075-3403

2/9/14

**CERTIFICATE TO RETURN TO WORK**

Gerren D Bond has been under my care from 2/5/14 through 2/10/14 and is able to return to work on 2/11/14.

Remarks: Return to work on 2/11/14 with no restriction.

Sincerely,

A handwritten signature in black ink, appearing to read "Nabeel Ailabouni".

Nabeel Ailabouni, DO ..... 2/9/2014 4:44 PM