Wound Care Discharge Instructions

DESCRIPTION
Caring for your wound is important to promote healing, avoid infection, and minimize scarring. Wounds heal more quickly when the wound is cleaned and the wound edges are held together (closed).

Abrasions and puncture wounds may only need cleaning, ointment and a bandage. Small wounds can be held together with tape strips called Steri-Strip™ or tissue adhesive spray (adhesive film). If a cut or surgical incision is deep, very long, jagged, or under a lot of tension (such as a cut over a joint), stitches (also called sutures) or staples may be needed to close the wound. The care of a stapled wound is similar to the care of a sutured wound. There are minor differences in caring for a wound with adhesive film.

SYMPTOMS
Any wound can become infected. Signs of infection include:
- redness
- red streaks
- swelling
- pus
- drainage
- warmth in the area of the wound
- fever
- increased pain or tenderness

CAUSES
Wounds occur when there is a break in the skin. There are many different causes of wounds, some of which are accidental. Examples of causes include:
- a surgical wound
- an abrasion from falling down
- a bite from an animal, insect, or human
- a puncture wound from stepping on a sharp object
- a laceration from cutting yourself with a sharp object
RESULTS OF TEST(S):

<table>
<thead>
<tr>
<th>X-Rays</th>
<th>Lab Tests/Cultures</th>
</tr>
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<tbody>
<tr>
<td>• [Manually entered]</td>
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Results of the X-Rays today are the preliminary readings. If the final results should be read differently, you will be notified.

Most results from lab and/or cultures take a minimum of 48 hours or longer. Should results involve a change in treatment, you will be notified.

TREATMENTS / PROCEDURES:
Treatment varies depending on the type of wound.
• Steri-Strips® are usually left on until they fall off. If they have not fallen off after 2 weeks, they should be removed.
• Adhesive film usually falls off in 5 to 10 days. The adhesive should not be scratched or picked at.
• For deep cuts the first stitches are placed under the skin. These stitches are made of materials that dissolve and do not need to be removed. Sutures or staples on the surface of the skin need to be removed by your healthcare provider 3 to 14 days after they are put in. Sutures in wounds on the face usually can be removed after just 3 to 5 days. In areas of high stress, such as hands, knees, or elbows, the sutures must stay in 10 to 14 days. Your provider will tell you when you should come to the office for removal of your sutures or staples. DO NOT remove sutures or staples yourself unless your provider instructs you to do so.

MEDICATION(S) GIVEN:

<table>
<thead>
<tr>
<th>Medication</th>
<th>Dosage</th>
<th>Main Desired Action</th>
<th>Other Comments</th>
</tr>
</thead>
</table>

Many medications for pain, anxiety, allergies, or nausea may make you drowsy or lightheaded. You should not drive a vehicle or make any important decisions while you are taking these medications or until cleared by your provider. Operation of a motor vehicle while under the influence of many medications is equivalent to Driving under the Influence (DUI).

MEDICATION(S) PRESCRIBED / RECOMMENDED:

<table>
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WHAT YOU SHOULD DO AT HOME (FOLLOW-UP CARE):

- Watch for signs of infection. If present, contact your healthcare provider.
- All wounds must be kept clean.
- Gently wash your abrasions or puncture wounds with soap and warm water twice a day.
- Do not get your wound wet for the first 24 hours if there are stitches or staples. After 24 hours, you can shower or you can clean it with hydrogen peroxide or gently wash it with soap and warm water twice a day.
- If adhesive film was used, keep the wound dry for the first 4 hours after the adhesive film was put on. After the first 4 hours, you may occasionally and briefly wet the wound in the shower or bath.
- After showering or bathing, gently pat the wound dry with a soft towel. If your wound was bandaged, apply a clean, dry bandage.
- Make sure you keep the wound dry between washings.
- Do not scratch, rub, or pick at your stitches, staples, or adhesive film. This may cause them to loosen before the wound is healed.
- Your healthcare provider may recommend that you cover the wound with gauze or a bandage to keep it from getting dirty. Be sure to keep the bandage dry. Put on a new bandage if the old one gets wet.
- Do not place tape directly over the adhesive film because removing the tape may also remove the film.
- You may put a small amount of antibiotic ointment on the wound if it has been closed with stitches or staples, or if it is an abrasion or puncture wound. This doesn’t help the wound heal faster, but may prevent infection. It will also help prevent the bandage sticking to the wound. If a rash appears, stop using the ointment.
- Do not use ointment if your wound is closed with adhesive film. This will cause it to loosen too soon.
- Protect the wound from prolonged exposure to sunlight or tanning lamps while the adhesive film is in place.
- Your healthcare provider may recommend leaving the wound “open to air,” while sleeping to help speed up the healing process.
- For the first one or two days keep the area propped higher than your heart. This will help lessen your pain and any swelling.
- Protect the wound from repeat injury until the skin has had time to heal.
- If your wound is accidental, treatment may include taking an antibiotic to help prevent infection.
- If you have been given a prescription for an antibiotic be sure to get it filled right away. Follow the directions exactly. Be certain to take the medicine until it is completely gone. Do not stop giving it just because the wound looks like it is healing well.
WHAT YOU CAN DO TO STAY HEALTHY:
• Be careful when handling sharp objects such as knives, scissors, and razors.
• Wear shoes.
• Wear a helmet when riding a bicycle.
• Wear a helmet, kneepads, wrist protectors, and elbow pads when riding a skateboard or skating.

CARE ALERTS

CALL YOUR HEALTHCARE PROVIDER RIGHT AWAY OR RETURN TO THE EMERGENCY DEPARTMENT IF:
• swelling, redness, or pain increases or if the wound feels warm to touch
• there is a red streak extending from the wound
• you have a fever of 101.5°F (38.6°C) or higher
• you start to have chills, nausea, vomiting, or muscle aches
• the wound seems to be opening up or you notice any drainage
• the stitches or staples are loose
• the adhesive film is loosening before it is suppose to
• you have any symptoms that worry you

FOLLOW-UP CARE

<table>
<thead>
<tr>
<th>Date</th>
<th>02/01/2008</th>
</tr>
</thead>
<tbody>
<tr>
<td>Patient Name</td>
<td>John Doe</td>
</tr>
<tr>
<td>Address</td>
<td>4343 N Scottsdale Rd</td>
</tr>
<tr>
<td>City/State/Zip</td>
<td>Scottsdale, AZ 85251</td>
</tr>
<tr>
<td>Phone</td>
<td>480-663-4800</td>
</tr>
<tr>
<td>DOB</td>
<td>06/15/1948</td>
</tr>
<tr>
<td>Age</td>
<td>60</td>
</tr>
<tr>
<td>Provider Name</td>
<td>Dr. Carol Meyer</td>
</tr>
<tr>
<td>Address</td>
<td>2963 E 7th Avenue</td>
</tr>
<tr>
<td>City/State/Zip</td>
<td>Phoenix, AZ 85051</td>
</tr>
<tr>
<td>Insurance Co.</td>
<td>Aetna</td>
</tr>
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WORK RELEASE / SCHOOL RELEASE:
May return to work/school immediately with no limitations.
Off work/school today; may return next scheduled shift/day.
Off work/school for ___ days. Re-check by family/company or preferred doctor prior to return recommended.
May return to work/school with the following limitations:
ACKNOWLEDGEMENT OF CARE:
I understand that I ____________________ (or my child ____________________) have received emergency treatment only and follow-up is recommended with my private physician or specialist as soon as possible. If my condition worsens, or new symptoms appear and I cannot contact a physician, I will call or return to this emergency room. My signature below indicates I have received this information and my questions have been answered. I have discussed any concerns with this plan with the nurse or physician. I acknowledge that I am leaving with all of my personal belongings.

___________________________  ___________________________
Responsible Party      Witness

___________________________  ___________________________
Date         Date