AFTER CARE INSTRUCTIONS

Within the next __3__ days, please see your physician for:

- Exam & Re-evaluation
- Wound Evaluation
- Removal of Sutures
- Further treatment of the condition which brought you here
- You may/may not return to work or school today
- You will need re-evaluation by your physician prior to returning to work and/or school

GENERAL INSTRUCTIONS:

- Keep dressing clean and dry
- Keep injured part elevated as much as possible for __7___ day(s)
- Ice (intermittently) on injured area for __2__ hours
- Warm soak/packs __3___ times a day
- Signs of possible infection:
  - Redness, Swelling, Heat, Red Streaks
  - Contact your physician immediately if these occur
- Re-wrap Ace bandage if too loose or tight
- Take prescription(s) as directed
- Dry heat (heating pad) locally to area indicated

CONTROL OF VOMITING, DIARRHEA, FEVER:

- Control fever with Tylenol every 4 hours (oral or rectal)
- Tepid water bath for fever 103⁰ or higher
- Stop milk, citrus juices, eggs and solid foods
- First 12 hours – give clear liquids (water, tea, jello, rice water, Coke, Seven-Up, pear juice, broth) (sips for vomiting)
- Second 12 hours – soup, applesauce, bananas, toast and jelly, soda, crackers and rice
- After 24 hours may gradually resume regular diet as tolerated
- If symptoms have persisted, recheck with your doctor

INSTRUCTIONS FOR PATIENTS WITH HEAD INJURIES:

Although no evidence of any serious injury is found at this time, contact your physician immediately if any of the following conditions occur:

1. Increasing drowsiness or confusion
2. Persistent or increasing headache
3. Persistent vomiting
4. Difficulty in rousing the patient (the patient should be awakened every 2 hours during the first night)
5. Slowing of pulse
6. Stiffness of the neck
7. Drainage of blood or clear liquid from ear or nose
8. Weakness of the limbs or loss of coordination
9. Convulsions (fits)
10. Unequal size of pupils