## **PATIENT INSTRUCTIONS**



### **HEAD INJURY**

A Mild Headache is common after a head injury.

# SEEK IMMEDIATE MEDICAL ATTENTION IF ANY OF THE FOLLOWING OCCUR:

- A. Extreme drowsiness or extreme fatigue
- B. Confusion or disorientation
- C. Worsening headache
- D. Persistent vomiting or stiff neck
- E. Convulsions / seizures
- F. Changes in vision (Double Vision, Spots, ect).
- G. Stumbling or problems with use of arms or legs, or areas of numbness.
- H. Clear or bloody drainage from nose or ear(s)
- I. Slurred / garbled speech

#### **SPRAINS/STRAINS (RICE)**

**REST:** Rest and protect the sore area. Avoid activities that will exert or put stress on the sore area(s).

**ICE:** Apply ice pack or bagged ice for 10-20 minutes at a time 3 or more times a day. Apply through shirt or cloth, do not apply ice directly. After 48-72 hours if swelling has resolved, you may apply heat in the same manner.

**COMPRESSION:** Wrap the injured or sore area in compression bandages such as an elastic bandage. Do not wrap so tightly that you restrict circulation, which is indicated by numbness, tingling, or increased pain.

**ELEVATION:** Elevate the injured or sore area above the level of your heart while applying ice and resting.

If your provider recommends you to, you may use over the counter Ibuprofen (Advil) or Acetaminophen (Tylenol) to control pain and inflammation.

#### **WOUND CARE**

Keep wounds dry and clean. Change the bandage at least every day unless your medical provider says not to. Use sterile dressings, which you should purchase from a drugstore if necessary. Do not bandage your wound too tightly; a soft airy dressing is best. If you accidently get the bandage wet, change it promptly.

Itching is a sign of healing, but can also be a sign of infection. It is important not to scratch scabs or itchy stitches. If you have stitches, it is important to get your stitches removed when indicated below, as a delay may lead to additional scarring. If your laceration is on an arm or leg, keeping the limb elevated above the heart will reduce the pain and promote healing. All wounds are normally tender, somewhat painful, swollen and red at first, but this should gradually improve as the wounds heals.

#### CONSULT YOUR PHYSICIAN IMMEDIATELY IF:

- •If your wound drainings are not clear, you see any pus, or if there is an unusual amount of redness, swelling or pain the wound is probably infected.
- •You develop a fever or flu like symptoms.

•The	wound	appears	to be	getting	worse	and	not	better

Absorbable / Non-absorbable (Circle One)

Date Sutures Placed:

If non-absorbable, make an appointment with a doctor or nurse to have the stitches removed in \_\_\_\_\_\_days.

Additional Instructions:			

OTHER DISCHARGE INSTRUCTIONS