



TRUCKEE TAHOE MEDICAL GROUP

530.581.8864

www.ttmg.net

AFTERCARE INSTRUCTIONS TO THE PATIENT

If you do not improve or feel you are getting worse, it is important that you return or see your own doctor immediately.

WOUND CARE (cuts, abrasions, burns, contusions)

KEEP THE DRESSING CLEAN AND DRY. Keep it covered with ointment (like Vaseline) and a bandage.

1. Elevate the wound to help decrease pain and swelling and help speed healing.
2. Use ice to treat the pain and swelling - 20 minutes every hour or as needed.
3. Unless otherwise instructed, return to the doctor in two (2) days for a wound check.
4. Despite the greatest care, wounds may become infected. If you see any signs of infection, you should be seen immediately. **SIGNS OF INFECTION or WOUND COMPLICATIONS:**
 - a. Increased redness or red streaks, increased swelling, pus or increased drainage, increased pain, fever
 - b. Numbness or decreased feeling below the wound
 - c. If you can't move joints above or below the wound

TETANUS

If you had a tetanus shot, your arm may be sore or there may be swelling and redness at the injection site. Tylenol and warm compresses for 48 hours will help.

FRACTURES AND SPRAINS / SEVERE BRUISES

1. Elevate the injured part above the heart for 3-5 days.
2. Use an ice bag for 20 minutes every 1-3 hours (3-5 days) to lessen swelling & pain.
3. If an ace wrap was used, check to make sure that it is not so tight to cause swelling or tingling below the wrap. If so, remove and re-apply so it is not so tight.

No hot tubs! Heat worsens pain and swelling for at least a week after the injury.

CAUTION: Pay extra attention to these emergency complications that can happen after an injury. If you have concerns about either of these, go to your doctor or the emergency room ASAP, even in the middle of the night.

1. **BLOOD CLOTS:** When you have broken a bone or sprained muscles, the trauma of the injury puts you at higher risk for a blood clot to form, especially if you have to take a long car ride or plane trip after the injury. Symptoms of a blood clot are increased swelling, increased pain, increased redness or warmth in one leg or arm. The blood clot can move to your lungs and be life-threatening. Symptoms of difficulty breathing, lightheadedness, or chest pain with breathing can signify a blood clot in the lungs.
2. **COMPARTMENT SYNDROME:** A condition called compartment syndrome can occur rarely right after a traumatic injury where swelling in the injured limb occurs to such a degree that it cuts off the limb's circulation. Symptoms of this condition are increased pain, loss of pulse or color in the limb, or loss of sensation or movement. You can lose your limb if compartment syndrome is not promptly treated. Keep your injury elevated and treated with ice to minimize the swelling and prevent compartment syndrome.

CAST CARE

1. Keep your cast dry. Elevate the injury above your heart.
2. Have your cast checked immediately if your fingers or toes:
 - a. Swell or get cold
 - b. Turn blue or lose feeling (get numb)
 - c. Become more painful or have burning sensation
 - d. Are unable to move
3. Never put anything down your cast. Itching is normal and will go away.
4. A doctor should check casts and splints within a week.
5. No weight bearing unless instructed that it is okay to do so.
6. If using crutches, remember to keep the weight on your hands and not armpits.

GASTROINTESTINAL (STOMACH) UPSET

Drink clear fluids: water, jello, water, juice, flat sodas, and “Gatorade” type drinks as tolerated. Increase diet slowly: toast, crackers, bananas, boiled chicken, broth, and jello. AVOID acidic foods and greasy, fried or fatty foods.

CONSCIOUS SEDATION

We gave you a medicine to help you relax in order to do a procedure. Even though the major effects of the sedation you received will be gone in about an hour, some impairment of your normal judgment and reflexes may last for several hours. Your balance and coordination may be affected.

Follow these instructions:

- Do not drive or operate machinery for 24 hours
- Go directly home. Have somebody drive you home.
- Rest quietly at home today. Tomorrow you can resume your normal activities.
- Do not make important decisions for 24 hours.
- Do not sign any legal documents for 24 hours.
- Have a responsible person stay with you the rest of today and tonight for your safety. They should check on you at least twice at two hour intervals.
- Begin drinking liquids or eating light foods (jello, soup, juice, toast). Start your regular diet if you do not have an upset stomach.
- Do not drink any alcohol including beer or use other recreational drugs for 24 hours.

Call your doctor if you have:

Any trouble breathing, sleepiness that lasts longer than 24 hours, or any new or severe symptoms

HEAD INJURY & CONCUSSION

See separate information sheet or find “CONCUSSION INFORMATION” on our website under patient resources. www.ttmg.net

If you have any questions, please speak with the nurse or doctor before leaving or contact your physician once you get home.

After hours if you have problems or questions, call our doctor on call (530) 581-8864, a local Emergency Room, your own doctor, or 911 for assistance.

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