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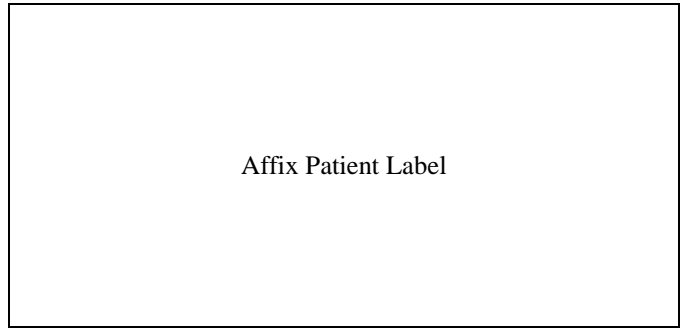
Bronson Healthcare Group:

- Bronson Methodist ED 601 John St., Kalamazoo, MI 49007
- Bronson Battle Creek ED 300 North Ave, Battle Creek, MI 49017
- Bronson Lakeview ED 408 Hazen St., Paw Paw, MI 49079
- Bronson South Haven ED 955 S Bailey Ave., South Haven, MI 49090

Dear Patient:

The exam and care you have received was on an urgent care basis only. It is not intended to replace continuing medical care. Injuries and illnesses often require time to heal. However, if no improvement is seen in an expected period of time, if you are getting worse or your symptoms change, call you doctor or go to an emergency department.

PLEASE FOLLOW THE DISCHARGE INSTRUCTIONS OUTLINED BELOW



BELLY PAIN, NAUSEA, VOMITING, DIARRHEA

- Do not eat solid food until your pain is gone.
- If you are in pain, drink or eat water, weak decaffeinated tea, broth or bouillon, gelatin, sports drinks, apple sauce, frozen ice pops or ice chips.
 - Babies tolerate Pedialyte® well. Give 1 ounce every 30 to 60 minutes for the first 12 hours.
- When the pain is gone, start a light diet (dry toast, crackers, applesauce or white rice). Increase the diet slowly as long as it does not bother you. Do not eat dairy products (including cheese and eggs) and no spicy, fatty, fried, or high-fiber foods.
- Do not drink or use alcohol, caffeine or cigarettes.
- Take your regular medicines unless your doctor told you not to.
 - Take medicine as prescribed for nausea. Wait 30 to 60 minutes after taking medicine before trying to take fluids.

FEVER

- Do not dress or cover warmly.
- Give Acetaminophen (Tylenol) or Ibuprofen (Motrin) as needed. Follow directions on the bottle
 - For infants and children, follow directions on the bottle for age and weight dosing.
- Antibiotics do not treat a fever. You may need to give Acetaminophen (Tylenol) for at least two or more days.
- Give a lukewarm bath for fever above 102 degrees.
- Push fluids. Drink water or Pedialyte. Try popsicles and ice chips.
 - Drink enough fluids to keep urine clear or pale yellow.

SPRAINS or FRACTURES

- Keep arm, foot or leg elevated on two pillows when lying down. Do this for 24 to 48 hours.
- Apply ice bags to the injured area for 20 minutes every 2 hours for the first 24 hours. Use a towel or cloth between the ice bag and skin to prevent frostbite.
- Take your pain medicine as prescribed. If you have persistent pain for longer than 48 hours, you should see a doctor for more evaluation.
- Check your fingers or toes for paleness, numbness or extreme pain. If you have any of the symptoms, call your doctor.
- Move your fingers or toes often to avoid stiffness and lessen swelling.

CUT and WOUND CARE

- Keep the dressings clean and dry for the first 48 hours.
 - Wash the wound once each day and apply topical antibiotic cream if prescribed.
 - Change dressing daily or if dirty.
- Keep the wound raised above your heart as much time as possible for the next few days.
- If you received staples or sutures, have them removed as told by your doctor
- Call your doctor if you:
 - Have a fever.
 - Notice a bad smell from your wound or bandage.
 - Notice fluid, blood or pus coming from your wound after 24 hours.
 - Notice a red streak going away from your wound.
 - Have unusual pain or swelling around the wound.

HEAD INJURY

- Allow the patient to sleep as they normally do. You should wake the patient every 4 hours and make sure they know their name, the date, and where they are.
- Limit activity that needs a lot of focus:
 - Homework or work for a job
 - Watching TV
 - Computer work
 - Playing memory games or puzzles
- Rest helps the brain heal.
- **Do not** do things that could cause a second head injury such as riding a bike or playing sports.
- Call your doctor if you see the following within 72 hours of injury:
 - Persistent nausea and vomiting
 - Weakness, lack of coordination in arms, legs or both.
 - Blurred or double vision.
 - Persistent or increasing headaches or unusual restlessness.
 - Any abnormal drainage from the ears or nose.
 - Seizures.

HEADACHE

- Take over-the-counter and prescription medicines as told by your doctor.
- Lie down in a dark quiet room.
- Apply ice to the head and neck area.
- Use heating pad or hot shower as told by your doctor.
- Call your doctor if you have:
 - A fever
 - Vomiting
 - A stiff neck
 - Loss of muscle control

EAR INFECTION

- Take your medicine as told. Finish it even if you start to feel better.
- Take over-the-counter or prescription medicine for discomfort or fever as told by the doctor.
- Apply a warm washcloth to the ear.
- Sit up as much as possible.
- Chewing gum may help ease ear pain.
- Call your doctor if you:
 - Notice a lump on your neck.
 - Get a stiff neck.
 - Notice the bone behind your ear hurts when you touch it.
 - Are not getting better in 3-5 days.
 - Feel worse instead of better.

SHORTNESS OF BREATH or COUGH

- **Do not smoke.**
- Stay away from chemicals that may bother your breathing.
- Rest as needed. Start usual activities slowly.
- Take all medicines told by your doctor.
 - Including oxygen and inhaled medicines.
- A cold steam vaporizer may help your cough.
- **FOLLOW UP with your doctor as instructed.**
- Call your doctor if:
 - Your breathing gets worse.
 - You are coughing up blood.
 - You have pain in your chest, arms or shoulders.
 - You can't exercise the way you normally do.

IF YOU WERE GIVEN MEDICINE IN THE EMERGENCY DEPARTMENT

- If you develop a rash, trouble breathing or a severe upset stomach, call your doctor or the emergency department.
- If the medicine made you sleepy, do not drive or use machines. Do not drink alcohol.

RESOURCES

- **Bronson HealthAnswers to find a primary care doctor:**
 - Monday-Friday between 8a-5p at 269-341-7723
- **Dental Resources:**
 - Family Health Center: 269-349-2641
 - Intercare Community Health: 269-236-5021
 - Bangor, Pullman, Holland, Benton Harbor, Eau Claire
 - Michigan Community Dental Clinic: 1-877-313-6232, Three Rivers
- **Chronic Pain**
 - Kalamazoo Anesthesiology PC: 269-345-0669 or 269-381-PAIN
 - Southern MI Pain Consultants Center: 269-329-2887
 - Bronson Rehabilitation Services: 269-544-3230
- **Crisis Resources**
 - Suicide Prevention Lifeline Phone #: 1-800-273-TALK (8255)
 - Crisis Text Line: Text CONNECT to 741741
 - Gryphon Place #: 2-1-1
 - VA Crisis Line #: 1-800-273-8255 press 1
- **Substance Abuse Programs**
 - Southwest Michigan Behavioral Health: 1-800-781-0353
 - Network 180: 616-336-3909