

# AFTER VISIT SUMMARY



Ashita Singh

12/27/2022 12:00 PM Urgent Care Fremont (18+ Patients Only) 510-498-2940

## Instructions from Carlos Jaramillo, PA

Allergic reaction, non specific, any new or worsening symptoms return for reevaluation



### Today's medication changes



**START taking:**  
**diphenhydrAMINE (BENADRYL)**

Accurate as of December 27, 2022 4:21 PM.  
**Review your updated medication list below.**



### Read the attached information

Hives (ENGLISH)



### Pick up these medications at CVS/pharmacy #9099 - Fremont, CA - 4020 Fremont Hub

diphenhydrAMINE

Address: 4020 Fremont Hub, Fremont CA 94538  
Hours: 24-hours  
Phone: 510-797-5505

## Today's Visit

You saw Carlos Jaramillo, PA on Tuesday December 27, 2022. The following issue was addressed: Allergic reaction, initial encounter.



Blood Pressure  
**104/65**



Weight  
**144 lb 6.4 oz (77th percentile)**



Temperature (Oral)  
**98 °F**



Pulse  
**55**



Oxygen Saturation  
**99%**

Percentiles calculated using: CDC (Girls, 2-20 Years)

## What's Next


You currently have no upcoming appointments scheduled.

## Release of Results to MHO

Results for tests that were ordered during your visit will be available to you in My Health Online as soon as they are finalized. This means you may see a result before your provider has had a chance to review it. We ask that you wait for your provider or your clinical team to contact you (typically 3-6 business days) to discuss any interpretation of the results.

## My Health Online

View your After Visit Summary and more online at <https://myhealthonline.sutterhealth.org/mho/>.

 Always use your most recent med list.



START

**diphenhydrAMINE** 25mg Cap

Commonly known as: BENADRYL

For diagnoses: Allergic reaction, initial encounter

Started by: Carlos Edward Jaramillo, PA

Take 1 to 2 capsules every 6 hours as needed for allergic symptoms.

**COVID-19 Safety Notice:** If you have an appointment in an outpatient setting or are having a procedure at a surgery center, you may bring up to two people with you to those appointments. As a reminder, face masks are required for all individuals age 2 and above. Rules regarding symptom screening, hand hygiene, physical distancing and masking are still in effect. If you do not have a mask, we will provide one.

## Hives

Hives (*urticaria*) are itchy, red, swollen areas on the skin. Hives can appear on any part of the body. Hives often fade within 24 hours (*acute hives*). Sometimes, new hives appear after old ones fade and the cycle can continue for several days or weeks (*chronic hives*). Hives do not spread from person to person (are not *contagious*).

Hives come from the body's reaction to something a person is allergic to (*allergen*), something that causes irritation, or various other triggers. When a person is exposed to a trigger, his or her body releases a chemical (*histamine*) that causes redness, itching, and swelling. Hives can appear right after exposure to a trigger or hours later.

### What are the causes?

This condition may be caused by:

- Allergies to foods or ingredients.
- Insect bites or stings.
- Exposure to pollen or pets.
- Spending time in sunlight, heat, or cold (*exposure*).
- Exercise.
- Stress.

You can also get hives from other medical conditions and treatments, such as:

- Viruses, including the common cold.
- Bacterial infections, such as urinary tract infections and strep throat.
- Certain medicines.
- Contact with latex or chemicals.
- Allergy shots.
- Blood transfusions.

Sometimes, the cause of this condition is not known (*idiopathic hives*).

### What increases the risk?

You are more likely to develop this condition if you:

- Are a woman.
- Have food allergies, especially to citrus fruits, milk, eggs, peanuts, tree nuts, or shellfish.
- Are allergic to:
  - Medicines.
  - Latex.
  - Insects.
  - Animals.
  - Pollen.

### What are the signs or symptoms?



Common symptoms of this condition include raised, itchy, red or white bumps or patches on your skin. These areas may:

- Become large and swollen (*welts*).
- Change in shape and location, quickly and repeatedly.
- Be separate hives or connect over a large area of skin.
- Sting or become painful.
- Turn white when pressed in the center (*blanch*).

In severe cases, your hands, feet, and face may also become swollen. This may occur if hives develop deeper in your skin.

## How is this diagnosed?

This condition may be diagnosed by your symptoms, medical history, and physical exam.

- Your skin, urine, or blood may be tested to find out what is causing your hives and to rule out other health issues.
- Your health care provider may also remove a small sample of skin from the affected area and examine it under a microscope (*biopsy*).

## How is this treated?

Treatment for this condition depends on the cause and severity of your symptoms. Your health care provider may recommend using cool, wet cloths (*cool compresses*) or taking cool showers to relieve itching. Treatment may include:

- Medicines that help:
  - Relieve itching (*antihistamines*).
  - Reduce swelling (*corticosteroids*).
  - Treat infection (*antibiotics*).
- An injectable medicine (*omalizumab*). Your health care provider may prescribe this if you have chronic idiopathic hives and you continue to have symptoms even after treatment with antihistamines.

Severe cases may require an emergency injection of adrenaline (*epinephrine*) to prevent a life-threatening allergic reaction (*anaphylaxis*).

## Follow these instructions at home:

### Medicines

- Take and apply over-the-counter and prescription medicines only as told by your health care provider.
- If you were prescribed an antibiotic medicine, take it as told by your health care provider. **Do not** stop using the antibiotic even if you start to feel better.

## Skin care

- Apply cool compresses to the affected areas.
- **Do not** scratch or rub your skin.

## General instructions

- **Do not** take hot showers or baths. This can make itching worse.
- **Do not** wear tight-fitting clothing.
- Use sunscreen and wear protective clothing when you are outside.
- Avoid any substances that cause your hives. Keep a journal to help track what causes your hives. Write down:
  - What medicines you take.
  - What you eat and drink.
  - What products you use on your skin.
- Keep all follow-up visits as told by your health care provider. This is important.

## Contact a health care provider if:

- Your symptoms are not controlled with medicine.
- Your joints are painful or swollen.

## Get help right away if:

- You have a fever.
- You have pain in your abdomen.
- Your tongue or lips are swollen.
- Your eyelids are swollen.
- Your chest or throat feels tight.
- You have trouble breathing or swallowing.

**These symptoms may represent a serious problem that is an emergency. Do not wait to see if the symptoms will go away. Get medical help right away. Call your local emergency services (911 in the U.S.). Do not drive yourself to the hospital.**

## Summary

- Hives (*urticaria*) are itchy, red, swollen areas on your skin. Hives come from the body's reaction to something a person is allergic to (*allergen*), something that causes irritation, or various other triggers.
- Treatment for this condition depends on the cause and severity of your symptoms.
- Avoid any substances that cause your hives. Keep a journal to help track what causes your hives.
- Take and apply over-the-counter and prescription medicines only as told by your health care provider.
- Get help right away if your chest or throat feels tight or if you have trouble breathing or swallowing.

This information is not intended to replace advice given to you by your health care provider. Make sure you discuss any questions you have with your health care provider.

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