

Name: BERRY, VICKIE L

MRN / FIN: 10502 6505263

DOB / Age: 3/1/1953 72 years

Sex / Birth Sex: Female Female

Admit Date: 4/19/2022

Discharge Date: 4/19/2022

Attending: Varhan MD,Kral

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Patient Education Notes

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Education Note**Patient Education Materials**

Orthopedics

Displaced Medial or Posterior Malleolar Ankle Fracture Treated With ORIF, Care After

This sheet gives you information about how to care for yourself after your procedure. Your health care provider may also give you more specific instructions. If you have problems or questions, contact your health care provider.

What can I expect after the procedure?

After the procedure, it is common to have:

- Pain.
- Swelling.
- A small amount of fluid from your incision.

Follow these instructions at home:**If you have a boot:**

- Wear the boot as told by your health care provider. Remove it only as told by your health care provider.
- Loosen the boot if your toes tingle, become numb, or turn cold and blue.
- Keep the boot clean.
- If the boot is not waterproof:
 - **Do not** let it get wet.

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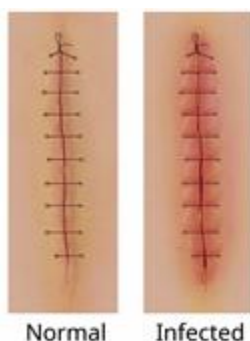
- Cover it with a watertight covering when you take a bath or a shower.

If you have a cast:

- **Do not** stick anything inside the cast to scratch your skin. Doing that increases your risk of infection.
- Check the skin around the cast every day. Tell your health care provider about any concerns.
- You may put lotion on dry skin around the edges of the cast. **Do not** put lotion on the skin underneath the cast.
- Keep the cast clean.
- If the cast is not waterproof:
 - **Do not** let it get wet.
 - Cover it with a watertight covering when you take a bath or a shower.

Bathing

- **Do not** take baths, swim, or use a hot tub until your health care provider approves. Ask your health care provider if you can take showers.
- If your boot or cast is not waterproof, cover it with a watertight covering when you take a bath or a shower.
- Keep the bandage (dressing) dry until your health care provider says it can be removed.

Incision care

- Follow instructions from your health care provider about how to take care of your incision. Make sure you:
 - Wash your hands with soap and water before you change your dressing. If soap and water are not available, use hand sanitizer.
 - Change your dressing as told by your health care provider.

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- Leave stitches (sutures), skin glue, or adhesive strips in place. These skin closures may need to stay in place for 2 weeks or longer. If adhesive strip edges start to loosen and curl up, you may trim the loose edges. **Do not** remove adhesive strips completely unless your health care provider tells you to do that.
- Check your incision area every day for signs of infection. Check for:
 - Redness.
 - More pain or swelling.
 - Blood or more fluid.
 - Warmth.
 - Pus or a bad smell.

Managing pain, stiffness, and swelling

- If directed, put ice on the affected area.
 - If you have a removable boot, remove it as told by your health care provider.
 - Put ice in a plastic bag.
 - Place a towel between your skin and the bag or between your cast and the bag.
 - Leave the ice on for 20 minutes, 2–3 times a day.
- Move your toes often to avoid stiffness and to lessen swelling.
- Raise (elevate) the injured area above the level of your heart while you are sitting or lying down. To do this, try putting a few pillows under your leg and ankle.

Driving

- **Do not** drive or use heavy machinery while taking prescription pain medicine.
- Ask your health care provider when it is safe to drive if you have a boot or cast on your foot.

Activity

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- Return to your normal activities as told by your health care provider. Ask your health care provider what activities are safe for you.
- Do exercises as told by your health care provider or physical therapist.
- **Do not** use your injured limb to support (bear) your body weight until your health care provider says that you can. Follow weight-bearing restrictions as told. Use crutches or other devices to help you move around (assistive devices) as directed.

General instructions

- **Do not** put pressure on any part of the cast until it is fully hardened. This may take several hours.
- **Do not** use any products that contain nicotine or tobacco, such as cigarettes and e-cigarettes. These can delay bone healing. If you need help quitting, ask your health care provider.
- Take over-the-counter and prescription medicines only as told by your health care provider.
- If you are taking prescription pain medicine, take actions to prevent or treat constipation. Your health care provider may recommend that you:
 - Drink enough fluid to keep your urine pale yellow.
 - Eat foods that are high in fiber, such as fresh fruits and vegetables, whole grains, and beans.
 - Limit foods that are high in fat and processed sugars, such as fried or sweet foods.
 - Take an over-the-counter or prescription medicine for constipation.
- Keep all follow-up visits as told by your health care provider. This is important.

Contact a health care provider if:

- You have a fever.
- Your pain medicine is not helping.
- You have redness around your incision.
- You have more swelling or pain around your incision.
- You have blood or more fluid coming from your incision or leaking through your cast.
- Your incision feels warm to the touch.
- You have pus or a bad smell coming from your incision or dressings.

Get help right away if:

- The edges of your incision come apart after the stitches or staples have been taken out.
- You have chest pain.
- You have difficulty breathing.

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- You have numbness or tingling in your foot or leg.
- Your foot becomes cold, pale, or blue.

Summary

- After the procedure, it is common to have some pain and swelling.
- If your boot or cast is not waterproof, **do not** let it get wet.
- Contact your health care provider if you have severe pain or swelling, or if you have more fluids coming from your incision or leaking through your cast.
- Get help right away if you have numbness or tingling in your foot or leg, or if your foot becomes cold, pale, or blue.

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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Pharmacology

General Anesthesia, Adult, Care After

This sheet gives you information about how to care for yourself after your procedure. Your health care provider may also give you more specific instructions. If you have problems or questions, contact your health care provider.

What can I expect after the procedure?

After the procedure, the following side effects are common:

- Pain or discomfort at the IV site.
- Nausea.
- Vomiting.
- Sore throat.
- Trouble concentrating.
- Feeling cold or chills.
- Weak or tired.
- Sleepiness and fatigue.

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- Soreness and body aches. These side effects can affect parts of the body that were not involved in surgery.

Follow these instructions at home:



For at least 24 hours after the procedure:

- Have a responsible adult stay with you. It is important to have someone help care for you until you are awake and alert.
- Rest as needed.
- **Do not:**
 - Participate in activities in which you could fall or become injured.
 - Drive.
 - Use heavy machinery.
 - Drink alcohol.
 - Take sleeping pills or medicines that cause drowsiness.
 - Make important decisions or sign legal documents.
 - Take care of children on your own.

Eating and drinking

- Follow any instructions from your health care provider about eating or drinking restrictions.
- When you feel hungry, start by eating small amounts of foods that are soft and easy to digest (bland), such as toast. Gradually return to your regular diet.
- Drink enough fluid to keep your urine pale yellow.
- If you vomit, rehydrate by drinking water, juice, or clear broth.

General instructions

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- If you have sleep apnea, surgery and certain medicines can increase your risk for breathing problems. Follow instructions from your health care provider about wearing your sleep device:
 - Anytime you are sleeping, including during daytime naps.
 - While taking prescription pain medicines, sleeping medicines, or medicines that make you drowsy.
- Return to your normal activities as told by your health care provider. Ask your health care provider what activities are safe for you.
- Take over-the-counter and prescription medicines only as told by your health care provider.
- If you smoke, **do not** smoke without supervision.
- Keep all follow-up visits as told by your health care provider. This is important.

Contact a health care provider if:

- You have nausea or vomiting that does not get better with medicine.
- You cannot eat or drink without vomiting.
- You have pain that does not get better with medicine.
- You are unable to pass urine.
- You develop a skin rash.
- You have a fever.
- You have redness around your IV site that gets worse.

Get help right away if:

- You have difficulty breathing.
- You have chest pain.
- You have blood in your urine or stool, or you vomit blood.

Summary

- After the procedure, it is common to have a sore throat or nausea. It is also common to feel tired.
- Have a responsible adult stay with you for the first 24 hours after general anesthesia. It is important to have someone help care for you until you are awake and alert.
- When you feel hungry, start by eating small amounts of foods that are soft and easy to digest (bland), such as toast. Gradually return to your regular diet.
- Drink enough fluid to keep your urine pale yellow.

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- Return to your normal activities as told by your health care provider. Ask your health care provider what activities are safe for you.

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Medication Leaflets