

AFTER VISIT SUMMARY

Magnus Russell DoB: 3/10/2014 MRN: 25221798

3/25/2022 3:45 PM Urgent Care - Walnut Creek 925-296-9000

Instructions from Elizabeth C Davis, PA

Your personalized instructions can be found at the end of this document.



AMB REFERRAL TO PEDIATRIC ORTHOPEDICS (Charles M Chan, MD)

Status: Authorized

Expires: 3/25/2023 (requested)

If a specialist has not been identified, or there is a change in who the patient will see, someone from the office will contact you.



Return if symptoms worsen or fail to improve.

What's Next

APR
5
2022

Well Child with Arthur Law, MD
Tuesday April 5 4:30 PM (Arrive by
4:15 PM)

Primary Care Services -
Walnut Creek
1450 Treat Blvd. #140
Walnut Creek CA 94598
925-296-9770

Immunizations

Name	Date
Covid-19 (Pfizer)	12/17/21
Covid-19 (Pfizer)	11/19/21
DTaP / HiB / IPV	06/25/15
DTaP / HiB / IPV	09/11/14
DTaP / HiB / IPV	07/17/14
DTaP / HiB / IPV	05/05/14
DTaP vaccine less than 7yo IM	08/05/19
Hepatitis A	07/27/17
Hepatitis A	06/25/15
Hepatitis B	12/15/14
Hepatitis B	05/05/14
Hepatitis B	03/11/14
INFLUENZA VACCINE QUADRIVALENT PFS 6 MONTHS & OLDER 2021-22	09/17/21

Today's Visit

You saw Elizabeth C Davis, PA on Friday March 25, 2022. The following issue was addressed: Closed fracture of left ankle, initial encounter.



Blood Pressure
127/79



Weight
79 lb (96th percentile)



Temperature (Oral)
98.2 °F



Pulse
88



Oxygen Saturation
99%

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



Ordered Today

X-ray ankle left AP lateral and oblique

MyChart

View this After Visit Summary and more online at <https://www.johnmuirhealth.com/mychart/>. If you have questions, please call (925) 941-2001 to speak with our MyChart staff.

Immunizations (continued)

Name	Date
(JMPN)(CM) -22 (JMPN)	
IPV	08/05/19
Influenza Preserv. Free, Children 3yrs To Adult	08/28/20
Influenza Preserv. Free, Children 3yrs To Adult	01/12/20
Influenza Preserv. Free, children 6-35 mos	09/17/15
Influenza Preserv. Free, children 6-35 mos	12/15/14
Influenza Preserv. Free, children 6-35 mos	09/11/14
MMR	03/15/15
MMRV	08/05/19
Pneumococcal Conjugate (PCV-13)	03/15/15
Pneumococcal Conjugate (PCV-13)	09/11/14
Pneumococcal Conjugate (PCV-13)	07/17/14
Pneumococcal Conjugate (PCV-13)	05/05/14
Rotavirus Pentavalent	09/11/14
Rotavirus Pentavalent	07/17/14
Rotavirus Pentavalent	05/05/14
Varicella	03/15/15

We all can prevent suicide. The National Suicide Prevention Lifeline is a national network of local crisis centers that provide free and confidential emotional support to people in suicidal crisis or emotional distress 24-hours per day / 7-days a week across the United States. The National Suicide Prevention Lifeline phone number is 800-273-TALK (8255) or contact the crisis text line by texting TALK to 741741.

Allergies

No Known Allergies

Changes to Your Medication List as of March 25, 2022 5:27 PM

You have not been prescribed any medications.

If you have any questions about this medication list, please contact your doctor. Bring the form with you to your next appointment if there are any changes, as a reminder to discuss with your doctor.

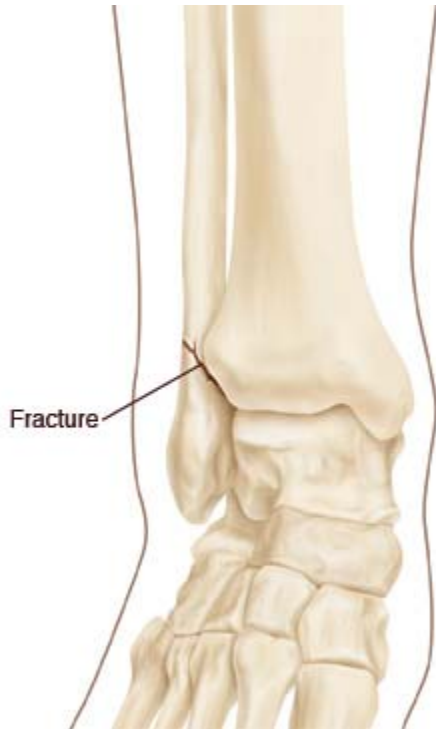
Car Seat Safety

CHILD PASSENGER SAFETY EDUCATION

- In California, infants and young children must ride in the back seat, properly buckled up in a child safety seat or booster until they are 8 years old or have reached 4'9" tall. A child over 8 years old and less than 16 years old, must use a properly fitting seat belt or if still needed, an appropriate booster or car seat.
- Effective January 1, 2017, children under 2 years of age must ride in a rear-facing car seat unless the child weighs 40 or more pounds or is 40 or more inches tall. The child must be secured in a way that meets the height and weight limits set by the car seat manufacturer.
- Remember, car crashes are a leading source of injury and death for children. Proper use of child safety seats and seat belts save children's lives. Follow the car seat manufacturer's instructions and those in your vehicle owner's manual to properly use a child safety seat.
- To check that your car seat or booster use is correct, call 1-866-SEAT-CHECK or visit www.seatcheck.org for local car seat fitting stations where certified child passenger safety technicians are available to the public.
- For low cost car seat programs, call the JMH Injury Prevention Program (925) 941-4263

Attention John Muir Health MyChart enrollees: We are excited to announce that you are able to schedule appointments online for our Urgent Care services and many of our Primary Care services!

Ankle Fracture



You have an ankle fracture. This means that 1 or more of the bones that make up the ankle joint are broken. This often causes pain, swelling, and bruising.

A fracture is treated with a splint, cast, or special boot. It will take about 4 to 6 weeks for the fracture to heal. Surgery may be needed to fix severe injuries.

Home care

- You will be given a splint, cast, or boot to prevent movement at the ankle joint. Unless you were told otherwise, use crutches or a walker. Don't put weight on the injured leg until cleared by your healthcare provider to do so. Crutches and walkers can be rented at many pharmacies and surgical or orthopedic supply stores. Don't put weight on a splint. It will break.
- Keep your leg raised to reduce pain and swelling. When sleeping, place a pillow under the injured leg. When sitting, support the injured leg so it is raised. This is very important during the first 48 hours.
- Apply an ice pack over the injured area for no more than 15 to 20 minutes. Do this every 3 to 6 hours for the first 2 to 48 hours. Keep using ice packs 3 to 4 times a day for the next 2 to 3 days, then as needed to ease pain and swelling. To make an ice pack, put ice cubes in a plastic bag that seals at the top. Wrap the bag in a clean, thin towel or cloth. Never put ice or an ice pack directly on the skin. You can place the ice pack directly over the cast or splint. As the ice melts, be careful that the cast or splint doesn't get wet.
- Keep the cast, splint, or boot completely dry at all times. Bathe with your cast, splint, or boot out of the water, protected with 2 large plastic bags. Place 1 bag outside of the other. Tape each bag with duct tape at the top end of

r use rubber bands. Water can still leak in. So it's best to keep the cast, splint, or boot away from water. If a boot or fiberglass cast or splint gets wet, dry it with a hair dryer on a cool setting.

- You may use over-the-counter pain medicine to control pain, unless another pain medicine was prescribed. Talk with your provider before using these medicines if you have chronic liver or kidney disease, ever had a stomach ulcer or gastrointestinal bleeding, or take a blood thinner.

Follow-up care

Follow up with your healthcare provider in 1 week, or as advised. This is to be sure the bone is healing correctly. If you were given a splint, it may be changed to a cast or boot at your follow-up visit.

If X-rays were taken, you will be told of any new findings that may affect your care.

When to get medical advice

Call your healthcare provider right away if any of these occur:

- The plaster cast or splint becomes wet or soft
- The fiberglass cast or splint stays wet for more than 24 hours
- There is increased tightness, sore areas, or pain under the cast or splint
- Your toes become swollen, cold, blue, numb, or tingly
- The cast or splint becomes loose
- The cast or splint has a bad smell
- The cast or splint develops cracks or breaks

StayWell last reviewed this educational content on 1/1/2022

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Information on Results in MyChart

At John Muir Health, we believe in information transparency, and we believe you deserve to see your information as soon as it is available. We believe this builds trust and better relationships.

We release the majority of results to you as soon as they are available. Therefore, you may see some results even before we do.

If your results are concerning, we may reach out by phone or schedule a follow-up visit. If you have an immediate concern, you can send us a message or call our clinic. Otherwise, we prefer that you wait 1-2 days for us to contact you or that we discuss the results at your next appointment.

For more information, you can visit our website FAQ at <https://www.johnmuirhealth.com/patients-and-visitors/mjmh-find-out-more/mychart-faq.html>