

Patient: **YOSHIMOTO, AYAE**

MRN: GUH-000002380268

FIN: GUH-07732455709

DOB/Age/Sex: 10/26/1994 31 years

Female

Date of Service: 5/1/2025

Attending Provider: Layman,MD,Kerri L.

Patient Viewable Documents

DOCUMENT NAME:	ED Patient Education Note
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ED Patient Education Note

Neurology

You were seen for facial burning. Your exam was reassuring. May be related to inflammation of a nerve in the setting of a viral illness. Can take tylenol or motrin as needed for pain. Followup with your primary care doctor or ENT as needed.

Return to ED for persistent/worsening pain, hearing loss, facial rash or for any other concerning symptoms.

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Paresthesia

Paresthesia is a burning or prickling feeling. This feeling can happen in any part of the body. It often happens in the hands, arms, legs, or feet. Usually, it is not painful. In most cases, the feeling goes away in a short time and is not a sign of a serious problem. If you have paresthesia that lasts a long time, you need to see your doctor.

Follow these instructions at home:

Nutrition



Eat a healthy diet. This includes:

- Eating foods that are high in fiber. These include beans, whole grains, and fresh fruits and vegetables.
- Limiting foods that are high in fat and sugar. These include fried or sweet foods.

Alcohol use

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- **Do not** drink alcohol if:
 - ~~46~~our doctor tells you not to drink.
 - ~~46~~ou are pregnant, may be pregnant, or are planning to become pregnant.
- If you drink alcohol:
 - ~~46~~imit how much you have to:
 - ~~520~~—1 drink a day for women.
 - ~~520~~—2 drinks a day for men.
 - ~~46~~now how much alcohol is in your drink. In the U.S., one drink equals one 12 oz bottle of beer (355 mL), one 5 oz glass of wine (148 mL), or one 1½ oz glass of hard liquor (44 mL).

General instructions

- Take over-the-counter and prescription medicines only as told by your doctor.
- **Do not** smoke or use any products that contain nicotine or tobacco. If you need help quitting, ask your doctor.
- If you have diabetes, work with your doctor to make sure your blood sugar stays in a healthy range.
- If your feet feel numb:
 - ~~46~~heck for redness, warmth, and swelling every day.
 - ~~46~~wear padded socks and comfortable shoes. These help protect your feet.
- Keep all follow-up visits.

Contact a doctor if:

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- You have paresthesia that gets worse or does not go away.
- You lose feeling (have numbness) after an injury.
- Your burning or prickling feeling gets worse when you walk.
- You have pain or cramps.
- You feel dizzy or you faint.
- You have a rash.

Get help right away if:

- You feel weak or have new weakness in an arm or leg.
- You have trouble walking or moving.
- You have problems speaking, understanding, or seeing.
- You feel confused.
- You cannot control when you pee (urinate) or poop (have a bowel movement).

These symptoms may be an emergency. Get help right away. Call 911.

- **Do not wait to see if the symptoms will go away.**
- **Do not drive yourself to the hospital.**

Summary

- Paresthesia is a burning or prickling feeling. It often happens in the hands, arms, legs, or feet.
- In most cases, the feeling goes away in a short time and is not a sign of a serious problem.
- If you have paresthesia that lasts a long time, you need to be seen by your doctor.

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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