

AFTER VISIT SUMMARY

Anika Kapoor MRN: 0002256639 CSN: 1024982115 DoB: 6/24/2003

 2/1/2025  CHA Emergency - Cambridge Hospital 617-665-1430

Instructions

You are found to have a fracture of your distal radius of your left wrist. Please wear the splint until you follow-up with the orthopedics.

Please take ibuprofen and Tylenol for your pain. This has been prescribed for you or you can buy this over-the-counter.

Please follow the instructions for RICE therapy.



Your medications have changed today

See your medication list below



Read the attached information

1. Radial Fracture (English)
2. RICE Therapy for Routine Care of Injuries (English)



Pick up these medications from any pharmacy with your printed prescription

acetaminophen • ibuprofen



Refer to Orthopedics (Adult)

Multiple visits requested



Schedule an appointment with CHA ORTHO POST-ED FOLLOW UP as soon as possible for a visit

Contact: Cha Orthopedics Will Contact You To Schedule Time And Place Of Your Follow-up Appointment. If You Are Not Contacted In 1-2 Business Days Please Call: 617-665-1566.
617-665-1566

CHA Orthopedics will contact you to schedule the time and place of your follow-up appointment. If you are not contacted within 1-2 business days, please call: 617-591-4601.



Go to CHA Emergency - Cambridge Hospital

Why: If symptoms worsen
Specialty: Emergency Department
Contact: 1493 Cambridge St
Cambridge Massachusetts 02139
617-665-1430

Today's Visit

Reason for Visit

- Hand Pain
- Wrist Pain

Diagnosis

Closed fracture of distal end of left radius, unspecified fracture morphology, initial encounter



Imaging Tests

XR Hand Left minimum 3 views

XR Wrist Left minimum 3 views



Medications Given

acetaminophen (TYLENOL) tablet 975 mg Last given at 6:59 PM

ibuprofen (ADVIL) tablet 800 mg Last given at 6:59 PM



Blood Pressure

126/83



Weight

49.9 kg
(110 lb)



Temperature

36.3 °C
(97.3 °F)



Pulse

57



Respiration

16



Oxygen Saturation

99%

What's Next

You currently have no upcoming appointments scheduled.

Today's Provider

You were seen by ED Provider: Tcheyan

Things you need to do

Schedule an appointment with ORTHO AT CHA ED-F/U as soon as possible for a visit

Phone: 617-665-1566

Where: CHA Orthopedics will contact you to schedule, time and place of your follow-up appointment. If, you are not contacted in 1-2 business days, please call: 617-665-1566.

Go to CHA Emergency - Cambridge Hospital

If symptoms worsen

Phone: 617-665-1430

Where: 1493 Cambridge St, CAMBRIDGE MA 02139

When to Use Primary Care and Emergency Care

If you are a CHA primary care patient, please inform your Primary Care team about your emergency visit. Many CHA centers have evening hours and it is easy to get follow-up care.

If your symptoms have worsened or not improved within 2 days

If it is not an emergency, start with your Primary Care center. It is easy to get a same-day or sick visit at your Primary Care center. You can also return to the Emergency Department.

Need a New Doctor?

If you would like to become a new CHA primary care patient, call our Doctor Finder Service at 617-665-1305 (Monday to Friday from 8:00am to 5:00pm). You can also request a new patient appointment anytime at www.challiance.org/primarycare.

Referral for Specialty Care

PLEASE NOTE: If you have been referred to a specialist by one of our Providers, please contact your primary care provider (PCP) to authorize and coordinate specialty services.

FAVOR OBSERVAR: Se foi encaminhado a um especialista por um de nossos Médicos da Emergência, por favor entrar em contato com seu clínico geral (PCP) para autorizar e coordenar serviço de especialista.

TANPRI REMAKE: Si youn nan moun nou yo ki bay swen nan depatman dijans te refere w bay yon espesyalis, tanpri kontakte doktè w la pou li otorize epi koò done sèvis espesyal sa yo.

Referral for Specialty Care (continued)

POR FAVOR NOTE: Si usted ha sido referido a un especialista por uno de nuestros Proveedores de la sala de urgencias, llame por favor a su doctor de cabecera para autorizar y coordinar servicios de especialidad.

Primary Language

English

Changes to Your Medication List

START taking these medications



START

acetaminophen 325 MG tablet

Commonly known as: **TYLENOL**

Signed by: **Michael Tcheyan**

Take 2 tablets by mouth every 6 (six) hours as needed for Pain for up to 7 days



START

ibuprofen 600 MG tablet

Commonly known as: **ADVIL**

Signed by: **Michael Tcheyan**

Take 1 tablet by mouth every 8 (eight) hours as needed for Pain for up to 7 days

MyCHArt

Cambridge Health Alliance

Send messages to your doctor, view test results, renew prescriptions, schedule appointments, and more!

Go to <https://mychart.challiance.org/mychart/>, click "Activate Now".

Enter your medical record number: 0002256639 and personal Activation Code: 4WX6G-Z5BN7

Expires: 5/2/2025 7:54 PM

Radial Fracture



A radial fracture is a break in the radius bone. The radius is a bone in the forearm, on the same side as the thumb. The forearm is the part of the arm that is between the elbow and the wrist. A radial fracture near the wrist (*distal radial fracture*) is the most common type of broken arm. A fracture can also occur near the elbow (*radial head fracture*).

What are the causes?

The most common cause of a radial fracture is falling with the arm outstretched. Other causes include:

- An accident, such as a car or bike accident.
- A hard, direct hit to the forearm.

What increases the risk?

You may be at greater risk for a radial fracture if you:

- Are female.
- Are an older adult.
- Play contact sports.
- Have a condition that causes your bones to become thin and brittle (*osteoporosis*).

What are the signs or symptoms?

A radial fracture causes pain immediately after the injury. Other signs and symptoms may include:

- An abnormal bend or bump in the arm (*deformity*).
- Swelling.
- Tenderness.
- Bruising.
- Numbness or tingling in your arm and hand.
- Limited movement of your arm and hand.
- Pain when trying to move your wrist, hand, or elbow.

How is this diagnosed?

This condition may be diagnosed based on:

- Your symptoms and medical history.
- A physical exam.
- An X-ray.

How is this treated?

Treatment depends on how severe your fracture is, where it is, and how the pieces of the broken bone line up with each other (*alignment*).

- Initially, you may need to wear a temporary splint to stabilize the injury for a few days until your swelling goes down. After the swelling goes down, you may get a cast, get a different type of splint, or have surgery.
- If your broken bone is not aligned (*displaced*) or significantly involves other joints (*intra-articular fracture*), your health care provider will need to align the bone pieces. To align your broken bone, your health care provider may:
 - Move the bones back into position without surgery (*closed reduction*).
 - Perform surgery to align the fracture and fix the bone pieces into place with metal screws, plates, or wires (*open reduction and internal fixation*).
 - Perform surgery to align the fracture and fix the bone pieces into place with pins that are attached to a stabilizing bar outside your skin (*external fixation*).
- If there is a cut (*laceration*) in the skin over the fracture, this may indicate a compound fracture. You may need to take antibiotic medicines and have surgery to clean out the wound and prevent infection of the bones.

Treatment may also include:

- Wearing a splint or cast. This keeps your wrist in place (*immobilizes*) and allows the fractured bone to heal properly.
- Having your cast changed after 2–3 weeks.
- Physical therapy exercises to improve movement and strength in your arm.
- Follow-up visits and X-rays to make sure you are healing.

Follow these instructions at home:

If you have a removable splint:

- Wear the splint as told by your health care provider. Remove it only as told by your health care provider.
- Check the skin around the splint every day. Tell your health care provider about any concerns.
- Loosen the splint if your fingers tingle, become numb, or turn cold and blue.
- Keep the splint clean and dry.

If you have a nonremovable cast or splint:

- **Do not** put pressure on any part of the cast or splint until it is fully hardened. This may take several hours.
- **Do not** stick anything inside the cast or splint to scratch your skin. Doing that increases your risk of infection.
- Check the skin around the cast or splint every day. Tell your health care provider about any concerns.

- You may put lotion on dry skin around the edges of the cast or splint. **Do not** put lotion on the skin underneath the cast or splint.
- Keep it clean and dry.

Bathing

- **Do not** take baths, swim, or use a hot tub until your health care provider approves. Ask your health care provider if you may take showers. You may only be allowed to take sponge baths.
- If your splint or cast is not waterproof:
 - **Do not** let it get wet.
 - Cover it with a watertight covering when you take a bath or a shower.

Managing pain, stiffness, and swelling



- If directed, put ice on the painful area. To do this:
 - If you have a removable splint, 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 or splint and the bag.
 - Leave the ice on for 20 minutes, 2–3 times a day.
 - Remove the ice if your skin turns bright red. This is very important. If you cannot feel pain, heat, or cold, you have a greater risk of damage to the area.
- Move your fingers often to reduce stiffness and swelling.
- Raise (*elevate*) your arm above the level of your heart while you are sitting or lying down.

Activity

- **Do not** lift anything with your injured arm.
- **Do not** use the injured arm to support your body weight until your health care provider says that you can.
- Ask your health care provider what activities are safe for you and what activities you should avoid while you heal.
- Do exercises as told by your health care provider or physical therapist.

Driving

Ask your health care provider:

- If the medicine prescribed to you requires you to avoid driving or using machinery.
- When it is safe to drive if you have a splint or cast on your arm.

General instructions

- Take 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.
- **Do not** use any products that contain nicotine or tobacco. These products include cigarettes, chewing tobacco, and vaping devices, such as e-cigarettes. These can delay bone healing. If you need help quitting, ask your health care provider.
- Keep all follow-up visits. This is important.

Contact a health care provider if you have:

- Pain that does not get better with medicine.
- Swelling that gets worse.
- A bad smell coming from your cast.

Get help right away if:

- You cannot move your fingers.
- You have severe pain, especially if the pain changes significantly or suddenly.
- Your fingers or your hand:
 - Become numb, cold, or pale.
 - Turn a bluish color.

Summary

- A radial fracture is a break in the radius bone.
- The most common cause is falling on an outstretched hand. Treatment depends on how severe your fracture is, where it is, and how the pieces of the broken bone line up with each other.
- A splint or cast may be needed to help the fracture heal. A more severe fracture may require surgery.

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.

Document Revised: 04/06/2022 Document Reviewed: 04/06/2022
Elsevier Patient Education © 2024 Elsevier Inc.

RICE Therapy for Routine Care of Injuries

Many injuries can be cared for with rest, ice, compression, and elevation. This is also called RICE therapy.

RICE therapy includes:

- Resting the injured body part.
- Putting ice on the injury.
- Putting pressure on the injury. This is also called compression.
- Raising the injured part. This is also called elevation.

RICE therapy can help reduce pain and swelling.

Supplies needed:

- Ice.
- Plastic bag.
- Towel.
- Elastic bandage.
- Pillow or pillows to raise the injured body part.

How to care for your injury with RICE therapy

Rest

Try to rest the injured part of your body.

- You can go back to your normal activities when your health care provider says it's okay to do them and when you can do them without pain.
- Ask what things are safe for you to do.

Some injuries heal better with early movement instead of resting. If you rest the injury too much, it may not heal as well. Ask your provider if you should do exercises to help your injury get better.

Ice



Putting ice on your injury can help to lessen swelling and pain. **Do not** apply ice directly to your skin. Use ice on as many days as told by your provider.

- If told, put ice on the area.
 - Put ice in a plastic bag.
 - Place a towel between your skin and the bag.
 - Leave the ice on for 20 minutes, 2–3 times a day.
- If your skin turns bright red, take off the ice right away to prevent skin damage. The risk of damage is higher if you can't feel pain, heat, or cold.

Compression



Put pressure, also called compression, on your injured area. This can be done with an elastic bandage. If this type of bandage has been put on your injury:

- Follow instructions on the package the bandage came in about how to use it.
- **Do not** wrap the bandage too tightly.
 - Wrap the bandage more loosely if part of your body beyond the bandage looks blue, or is swollen, cold, painful, or loses feeling.
- Take off the bandage and put it on again every 3–4 hours or as told by your provider.
- Call your provider if the bandage seems to make your injury worse.

Elevation

Raise the injured area above the level of your heart while you're sitting or lying down. Use a pillow to support your injured area as needed.

Follow these instructions at home:

- If your symptoms get worse or last a long time, make a follow-up appointment with your provider. You may need to have imaging tests, such as X-rays or an MRI.
- If you have imaging tests, ask how to get your results when they are ready.

Contact a health care provider if:

- You keep having pain and swelling.
- Your symptoms get worse.

Get help right away if:

- You have sudden, very bad pain at your injury or lower than your injury.
- You have tingling or numbness at your injury or lower than your injury, and it does not go away when you take the bandage off.

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.

Document Revised: 03/04/2024 Document Reviewed: 03/04/2024
Elsevier Patient Education © 2024 Elsevier Inc.

Radiology Results

Important: Some or all of the reports below have not yet been finalized; you may be contacted if there are important updates.

Radiology Results

XR Wrist Left minimum 3 views (Preliminary result)

Result time 02/01/25 19:50:42

XR Hand Left minimum 3 views (Preliminary result)

Result time 02/01/25 19:50:54

Preventive Screening Due

Based on our records, **Anika Kapoor** is due for the following appointment:

Cervical Cancer Screening/Pap Smear

If you haven't scheduled it yet, call your primary care office at **None** to make an appointment.

Your Feedback is Important To Us

Your feedback is important to us as we try our best to serve your needs. If you receive a feedback survey, please take a few minutes to complete the survey and mail it back. We want to hear from you.

Additional Information

Are you having trouble paying your medical bills?

- If you do not have health insurance, please call the CHA Financial Assistance team to help you apply for state-sponsored insurance (MassHealth): 617-665-1100 (M-F 8:30 am - 4:30 pm)
- If you have health insurance, but need help paying your medical bills, please call the CHA Billing Department: 1-833-354-2131 (M-F 8:30 am- 4:30 pm)

Are you having trouble paying for medications prescribed by a CHA provider?

- Call your local CHA pharmacy (numbers below) to see if you qualify for financial assistance. Tell the pharmacist: "I need help to pay for my medicines. What are my options for financial assistance?"

****Please note, the CHA Pharmacy also offers free home delivery and interpreter services.***

CHA Pharmacy locations:

- Cambridge Hospital (1493 Cambridge St, 2nd floor)
617-665-1438
- East Cambridge (163 Gore Street)
617-499-6690
- Malden (195 Canal Street, 1st floor)
781-338-8990
- Revere (454 Broadway, 1st floor)
781-485-8272

[Click here to learn more about CHA pharmacy or scan the QR Code below.](#)

