

AFTER VISIT SUMMARY

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7/10/2024 HOAG MEMORIAL HOSPITAL IRVINE EMERGENCY CENTER 949-517-3010

Instructions

Motrin for pain
Removal in 10 days



Read the attached information

Laceration Care Adult Easy-to-Read (English)



Follow up with your doctor in 10 days (around 7/20/2024)

Why: For suture removal

What's Next

You currently have no upcoming appointments scheduled.

You are allergic to the following

No active allergies

[PatientPass Education](#)

Your Medication List

You have not been prescribed any medications.

Today's Visit

You were seen by S Dolkas, PA-C

Reason for Visit

- Hand Injury
- Laceration

Diagnosis

Laceration of left hand, foreign body presence unspecified, initial encounter



Blood Pressure
125/94



BMI
24.27



Height
5' 2"



Temperature (Tympanic)
98.4 °F



Pulse
97



Respiration
12



Oxygen Saturation
100%

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Laceration Care, Adult

A laceration is a cut that may go through all layers of the skin. The cut may also go into the tissue that is right under the skin. Some cuts heal on their own. Other cuts need to be closed with stitches (*sutures*), staples, skin adhesive strips, or skin glue. Taking care of your cut lowers your risk of infection, helps your injury heal better, and may prevent scarring.

General tips

- Keep your wound clean and dry.
- **Do not** scratch or pick at your wound.
- Wash your hands with soap and water for at least 20 seconds before and after touching your wound or changing your bandage (*dressing*). If you cannot use soap and water, use hand sanitizer.
- **Do not** use disinfectants or antiseptics, such as rubbing alcohol, to clean your wound unless told by your doctor.
- If you were given a bandage, change it at least once a day, or as told by your doctor. You should also change it if it gets wet or dirty.

How to take care of your cut

If your doctor used stitches or staples:

- Keep the wound fully dry for the first 24 hours, or as told by your doctor. After that, you may take a shower or a bath. **Do not** soak the wound in water until after the stitches or staples have been taken out.
- Clean the wound once a day, or as told by your doctor. To do this:
 - Wash the wound with soap and water.
 - Rinse the wound with water to remove all soap.
 - Pat the wound dry with a clean towel. **Do not** rub the wound.
- After you clean the wound, put a thin layer of antibiotic ointment, another ointment, or a nonstick bandage on it as told by your doctor. This will help to:
 - Prevent infection.
 - Keep the bandage from sticking to the wound.
- Have your stitches or staples taken out as told by your doctor.

If your doctor used skin adhesive strips:

- **Do not** get the skin adhesive strips wet. You can take a shower or a bath, but keep the wound dry.
- If the wound gets wet, pat it dry with a clean towel. **Do not** rub the wound.
- Skin adhesive strips fall off on their own. You can trim the strips as the wound heals. **Do not** take off any strips that are still stuck to the wound unless told by your doctor. The strips will fall off after a while.

If your doctor used skin glue:

- You may take a shower or a bath, but try to keep the wound dry. **Do not** soak the wound in water.
- After you take a shower or a bath, pat the wound dry with a clean towel. **Do not** rub the wound.
- **Do not** do any activities that will make you sweat a lot until the skin glue has fallen off.
- **Do not** apply liquid, cream, or ointment medicine to your wound while the skin glue is still on.

- If a bandage is placed over the wound, **do not** put tape right on top of the skin glue.
- **Do not** pick at the glue. The skin glue usually stays on for 5–10 days. Then, it falls off the skin.

Follow these instructions at home:

Medicines

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

Managing pain and swelling

- If told, put ice on the injured area. To do this:
 - 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.
 - Take off 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.
- Raise the injured area above the level of your heart while you are sitting or lying down.

General instructions



Normal wound Infected wound

- Avoid any activity that could make your wound reopen.
- Check your wound every day for signs of infection. Check for:
 - More redness, swelling, or pain.
 - Fluid or blood.
 - Warmth.
 - Pus or a bad smell.
- Keep all follow-up visits.

Contact a doctor if:

- You got a tetanus shot and you have any of these problems where the needle went in:
 - Swelling.
 - Very bad pain.
 - Redness.

- Bleeding.
- A wound that was closed breaks open.
- You have a fever.
- You have any of these signs of infection in your wound:
 - More redness, swelling, or pain.
 - Fluid or blood.
 - Warmth.
 - Pus or a bad smell.
- You see something coming out of the wound, such as wood or glass.
- Medicine does not make your pain go away.
- You notice a change in the color of your skin near your wound.
- You need to change the bandage often.
- You have a new rash.
- You lose feeling (have *numbness*) around the wound.

Get help right away if:

- You have very bad swelling around the wound.
- Your pain suddenly gets worse and is very bad.
- You have painful lumps near the wound or on skin anywhere on your body.
- You have a red streak going away from your wound.
- The wound is on your hand or foot, and:
 - You cannot move a finger or toe.
 - Your fingers or toes look pale or bluish.

Summary

- A laceration is a cut that may go through all layers of the skin. The cut may also go into the tissue right under the skin.
- Some cuts heal on their own. Others need to be closed with stitches, staples, skin adhesive strips, or skin glue.
- Follow your doctor's instructions for caring for your cut. Proper care of a cut lowers the risk of infection, helps the cut heal better, and may prevent scarring.

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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