

Post-Discharge Care Plan for Mr. David John

Summary of Your Condition

Dear Mr. John,

You were diagnosed with **Acute Vestibular Neuronitis**, which caused symptoms like fever, headache, vertigo, and imbalance. This condition affects the inner ear and can lead to dizziness and difficulty maintaining balance. During your hospital stay, you were treated with medications to reduce inflammation, manage symptoms, and support your recovery. You are now discharged in a stable condition, and with proper care, you should feel better soon.

Daily Care Plan

Morning

- **Medications:**
- Take **Tab RBCEF 500 mg** (1 tablet).
- Take **Tab Peptard D** (1 tablet).
- Take **Tab Betagold 24 mg** (1 tablet).
- Take **Tab Cimenza** (1 tablet).
- **Hydration:** Drink a glass of water and stay hydrated throughout the day.
- **Activity:** Avoid sudden movements or strenuous activities. Move slowly when getting out of bed.

Afternoon

- **Meals:** Have a light, balanced meal as per the diet instructions.
- **Rest:** Take a short nap or relax to avoid overexertion.

Evening

- **Medications:**
- Take **Tab RBCEF 500 mg** (1 tablet).
- Take **Tab Betagold 24 mg** (1 tablet).
- Take **Tab Cimenza** (1 tablet).
- Take **Tab Nuroflif** (1 tablet).
- **Activity:** Engage in light activities but avoid anything that makes you dizzy.

Diet Instructions

- Eat light, nutritious meals. Avoid heavy, greasy, or spicy foods.
- Include fruits, vegetables, and foods rich in vitamins and minerals to support recovery.
- Stay hydrated—drink plenty of water throughout the day.

Activity Restrictions

- Avoid sudden movements, bending, or standing up quickly.
- Do not drive or operate heavy machinery until your dizziness resolves.
- Rest as much as possible, but engage in light walking if you feel stable.

Warning Signs (Red Flags)

Call your doctor immediately if you experience any of the following:

- Severe dizziness or vertigo that does not improve.
- Persistent vomiting or inability to keep food down.
- High fever (above 101°F).
- Sudden loss of balance or inability to walk.
- Any new or worsening symptoms.

Recovery Timeline

- **Days 1–5:** Focus on rest, taking medications as prescribed, and avoiding strenuous activities. You should notice gradual improvement in dizziness and balance.
 - **Day 6 and onward:** Most symptoms should be significantly better. Continue following your care plan and attend your follow-up appointment on **28.03.2025**.
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FAQs

1. What is Acute Vestibular Neuronitis?

It is an inner ear condition that causes dizziness, vertigo, and imbalance. It is usually caused by inflammation of the vestibular nerve and can improve with time and proper care.

2. Can I exercise during recovery?

Avoid strenuous exercise or activities that require balance until your symptoms improve. Light walking is okay if you feel stable.

3. How long will it take to recover?

Most people recover within a few weeks. You should notice improvement in 5–7 days with proper rest and medications.

4. Can I stop taking medications if I feel better?

No, continue taking all medications as prescribed for the full duration (5 days). Stopping early may delay recovery.

Gentle Reminders for Recovery

- Move slowly and carefully to avoid dizziness.
 - Keep your environment quiet and calm to reduce stress.
 - Ask for help from family or friends if you feel unsteady.
 - Follow your doctor's instructions and attend your follow-up appointment.
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We're here to support you in your recovery. Take it one day at a time, and don't hesitate to reach out if you have any concerns. Wishing you a smooth and speedy recovery, Mr. John!

Warm regards,

Your Post-Discharge Care Team ``