

Northside Hospital Duluth

Patient Name: FORTE, WAYNE
FIN: 2511404624

Discharge: 4/24/2025 16:56 EDT

Emergency Documentation

- Keep the surface of the wound or burn intact.
 - **Do not** scratch or pick at the wound or burn.
 - **Do not** break any blisters you may have.
 - **Do not** peel any skin.
- Check your wound or burn every day for signs of infection. Check for:
 - Redness, swelling, or pain.
 - Fluid or blood.
 - Warmth.
 - Pus or a bad smell.

Managing pain, stiffness, and swelling



- If directed, put ice on the injured areas. This can help with pain and swelling. 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.
 - If your skin turns bright red, remove the ice right away to prevent skin damage. The risk of skin damage is higher if you cannot feel pain, heat, or cold.
 - Raise (elevate) the wound or burn above the level of your heart while you are sitting or lying down. This will help reduce pain, pressure, and swelling.
 - If you have a wound or burn on your face, you may want to sleep with your head elevated. You may do this by putting an extra pillow under your head.

Activity

- Rest. Rest helps your body to heal. Make sure you:
 - Get plenty of sleep at night. Avoid staying up late.