

AFTER VISIT SUMMARY

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6/22/2025 Piedmont Eastside Medical Emergency Department South Campus 770-982-2313

Instructions



Your medications have changed



START taking:

acetaminophen (Tylenol)

lidocaine (Lidoderm)

methocarbamol (Robaxin)

Review your updated medication list below.



Read the attached information

Motor Vehicle Collision Injury Adult Easy-to-Read (English)



Pick up these medications from any pharmacy with your printed prescription

- acetaminophen 325 mg tablet
- lidocaine 5 % patch
- methocarbamol 500 MG tablet



Follow up with Benjamin Abraham

Specialty: Family Medicine - Geriatric Medicine
Contact: 3020 Hwy 124
Snellville GA 30039
770-978-1331

What's Next

You currently have no upcoming appointments scheduled.

Today's Visit

You were seen by Matthew Tinkham

Reason for Visit

Motor Vehicle Crash

Diagnosis

MVC (motor vehicle collision), initial encounter



Medications Given

acetaminophen (Tylenol) Last given at 5:24 PM

lidocaine (Salonpas) Last given at 5:24 PM

methocarbamol (Robaxin) Last given at 5:24 PM



Blood Pressure

182/95



Temperature (Oral)

98.8 °F



Pulse

103



Respiration

17



Oxygen Saturation




99%

MyChart Sign-Up

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

Go to <https://mychart.piedmont.org/prd/accesscheck.asp>, click "Sign Up Now", and enter your personal activation code: **RQ6XQ-7GN7S-V7MPB**. Activation code expires 9/20/2025.

Your Medication List

 START	acetaminophen 325 mg tablet Commonly known as: Tylenol	Take 2 tablets by mouth every 6 (six) hours as needed for Pain.
 START	lidocaine 5 % patch Commonly known as: Lidoderm	Place 1 patch onto the skin daily. Remove & Discard patch within 12 hours or as directed by MD
 START	methocarbamol 500 MG tablet Commonly known as: Robaxin	Take 1 tablet by mouth in the morning and 1 tablet before bedtime. Do all this for 5 days.

Your Allergies

Date Reviewed: 6/22/2025

Allergen	Reactions
Morphine	Hives

Empowering You

Your Health Journey Is About More Than Just Medical Care

Piedmont is here to support you with more than just healthcare. Our **Empowering You** platform is designed to connect you to a variety of free or low-cost community resources that can help meet your unique needs. Whether you're dealing with housing challenges, food insecurity, or need transportation, our platform makes it easier to find the support you need, anonymously and confidentially.

The resources available include:

- Housing Assistance
- Food Access
- Transportation Support
- Legal Assistance for Work-related Issues
- Financial Assistance, and much more!

For more information, visit: piedmont.org/empoweringyou



Motor Vehicle Collision Injury, Adult

After a car accident (*motor vehicle collision*), it is common to have injuries to your head, face, arms, and body. These injuries may include cuts, burns, and bruises. The injuries may also include sore muscles, muscles strains, headaches, and broken bones.

You may feel stiff and sore for the first several hours. You may feel worse after waking up the first morning after the accident. These injuries often feel worse for the first 24–48 hours. After that, you will usually begin to get better with each day. How quickly you get better often depends on:

- How bad the accident was.
- How many injuries you have.
- Where your injuries are.
- What types of injuries you have.
- If you were wearing a seat belt.
- If your airbag was used.

A head injury may result in a concussion. This is a type of brain injury that can have serious effects. If you have a concussion, you should rest as told by your doctor. You must be very careful to avoid having a second concussion.

Follow these instructions at home:

Medicines

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

Wound care



Normal
wound

Infected
wound

Follow instructions from your doctor about how to take care of your wound. Make sure you:

- Clean your wound. To do this:
 - Wash it with mild soap and water.
 - Rinse it with water to get all the soap off.
 - Pat it dry with a clean towel. **Do not** rub it.
 - Put an ointment or cream on the wound, if you were told to do so.

- Know when and how to change or remove your bandage (*dressing*).
- Always wash your hands with soap and water for at least 20 seconds before and after you change your bandage. If you cannot use soap and water, use hand sanitizer.
- Leave stitches or skin glue in place for at least 2 weeks.
- Leave tape strips alone unless you are told to take them off. You may trim the edges of the tape strips if they curl up.
- Avoid getting sun on your wound.
- **Do not** disturb the wound. This means:
 - **Do not** scratch or pick at the wound.
 - **Do not** break any blisters you may have.
 - **Do not** peel any skin.

Check your wound every day for signs of infection. Check for:

- More redness, swelling, or pain.
- More fluid or blood.
- Warmth.
- Pus or a bad smell.

Managing pain, stiffness, and swelling



- If told, put ice on the injured areas.
 - 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 skin damage is higher if you cannot feel pain, heat, or cold.
- Raise (*elevate*) the wound above the level of your heart while you are sitting or lying down.
 - Sleep with your head raised if the wound is on your face. 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.
 - Go to bed at the same time on weekends and weekdays.
- You may have to avoid lifting. Ask your doctor how much you can safely lift.
- Ask your doctor when you can drive, ride a bicycle, or use machinery. **Do not** do these activities if you are dizzy.

- If you are told to wear a brace on an injured arm, leg, or other part of your body, follow instructions from your doctor about activities. Your doctor may give you instructions about driving, bathing, exercising, or working.

General instructions

- If you have a splint, brace, or sling, follow your doctor's instructions on how to use the device.
- Drink enough fluid to keep your pee (*urine*) pale yellow.
- **Do not** drink alcohol.
- Eat healthy foods.

Contact a doctor if:

- You have very bad neck pain, especially pain in the middle of the back of your neck.
- You have loss of feeling (*numbness*), tingling, or weakness in your arms or legs.
- You have a change in your ability to control your pee or poop (*stool*).
- You have swelling in any area of your body, especially your legs.
- You have signs of infection in a wound.
- You have a fever.
- You have blood in your pee, poop, or vomit.
- You have any of the following symptoms for more than 2 weeks after your car accident:
 - Long-term (*chronic*) headaches.
 - Dizziness or balance problems.
 - Feeling like you may vomit.
 - Problems with how you see (*vision*).
 - More sensitivity to noise or light.
 - Sleep problems.
 - Feeling tired all the time.
 - Mental health changes such as:
 - Depression or mood swings.
 - Feeling worried or nervous (*anxiety*).
 - Getting upset or bothered easily.
 - Memory problems.
 - Trouble concentrating or paying attention.

Get help right away if:

- You have shortness of breath.
- You have light-headedness or you faint.
- You have chest pain.
- You have these eye or vision changes:
 - Sudden vision loss or double vision.
 - Your eye suddenly turns red.
 - The black center of your eye (*pupil*) is an odd shape or size.

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.**

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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Patient Follow-up Responsibility

You have been referred to a provider for follow-up care. It is your responsibility to arrange an appointment within the suggested time frame with this provider or a provider of your choosing.

The patients who attend their follow-up appointment after an emergency room visit are less likely to have another health event that requires another emergency visit, typically have lower healthcare cost and decreased financial burden. Here at Piedmont, we value this follow-up appointment and ask that you schedule your appointment as soon as possible.

If you need an additional Piedmont provider, please call our referral line at 678-842-6379.

Opiates/Sedatives Warning/Disposal Information

If you have been prescribed opioids ("pain pills", including but not limited to codeine, hydrocodone, oxycodone, tramadol, meperidine, fentanyl, morphine, and methadone) or benzodiazepines ("sedatives", including but not limited to diazepam, lorazepam, alprazolam, clonazepam, and chlordiazepoxide), please be aware that these medications have serious risks, including addiction and overdose. Please follow-up with your doctor for any ongoing pain management needs and prescriptions. If you do not need to take all of the prescribed medication, do not share it with others. Methods of disposing of leftover medication vary in different municipalities and counties. It is recommended that you refer to your local health department, local pharmacy, or sheriff's department to determine what methods are preferred or available in your community.

Additional Resources

Department of Behavioral health & Developmental Disabilities

The Georgia Crisis & Access Line is available 24 hours/day, every day, to assist all people of all ages with urgent and emergent needs, including emotional distress, mental illness, addictive diseases and related developmental disabilities. 1-800-715-4225.