ATOMAC Guideline Discharge Instructions

- Return to Emergency Room (ER) for increasing pain, paleness, dizziness, shortness of breath, vomiting, worsening shoulder pain, intestinal bleeding, or black tarry stools.
- Call trauma surgeon's office for fever (temp >101°F) or jaundice (yellow eyes, yellow skin).
- Restricted activity for (grade +2) weeks
  - Your child's injury grade was a grade _____.
  - Your child may return to sports in ______ weeks.
- No ibuprofen (Motrin, etc), aspirin, or other NSAIDS. Acetaminophen (Tylenol) is okay.
- Child may go back to school when off pain meds, but no gym classes or sports.
- The patient is granted medical permission to change class 5 minutes early (to prevent re-injury between classes).
- Follow-up:
  - Grade 1-2 Injury: Phone call follow-up at 2 weeks and again at 2 months after injury.
  - Grade 3-5 injury: Office visit at 2 weeks. Phone call follow-up at 2 months after injury.
- No routine follow-up imaging is required. Imaging is recommended for patients with increasing pain, or symptoms.

Your Surgeon's Name:___________________________ office telephone _____________

I understand the above instructions.

_____(initials) I understand there is a small, but important risk of bleeding up to several weeks after injury.

Guardian Name:_____________________________

Guardian Signature:_________________________