



**TRAUMA
Discharge Instructions**

Apply Patient Label

Date of Admission:

Date of Discharge:

Injuries		
1.	3.	5.
2.	4.	6.

Special Instructions
<p><u>Diet</u> <input type="checkbox"/> Unrestricted <input type="checkbox"/> Soft diet only <input type="checkbox"/> Low Fat Diet <input type="checkbox"/> Other _____</p> <p><u>Activity</u> <input type="checkbox"/> Resume normal daily activity <input type="checkbox"/> No sports until _____ <input type="checkbox"/> Other _____ <input type="checkbox"/> Weight bearing as tolerated</p> <p><u>Bathing</u> <input type="checkbox"/> May Bathe <input type="checkbox"/> May Bathe/Shower after 48 hours <input type="checkbox"/> Other _____</p> <p><u>School Status</u> <input type="checkbox"/> May return to school on _____ <input type="checkbox"/> when discharged home <input type="checkbox"/> No school until cleared by MD</p> <p><u>Wound Care</u> <input type="checkbox"/> Bruising: you may apply towel-wrapped ice bag to the affected area for 20 minutes up to 4 times a day for comfort <input type="checkbox"/> Clean abrasions with soap and water daily and as needed <input type="checkbox"/> Apply triple antibiotic ointment to wounds daily and as needed <input type="checkbox"/> Dressing changes: _____</p>

What to watch for
<p><u>Incisions</u> <input type="checkbox"/> Call your doctor or return to the ER for fever greater than 102°F, signs of infection such as increased redness, red streaks, draining pus, discharge or foul odor</p> <p><u>Leg or Arm Injuries</u> <input type="checkbox"/> Return to the ER for increased pain, swelling, if the extremity becomes cold, blue, or there is tingling or numbness</p> <p><u>Head Injury</u> <input type="checkbox"/> Return to the ER for increased sleepiness, slurred speech, frequent vomiting, any decrease in vision, trouble walking or talking, or worsening headache without relief when medicated</p> <p><u>Abdomen (belly) Injury</u> <input type="checkbox"/> Return to the ER for nausea, vomiting, worsening abdominal pain, shoulder pain on top of shoulder, if your child appears more pale or yellow, decreased or very concentrated urine color, bloody or tar-colored bowel movements, if your child is dizzy or light headed</p>

Follow Up Information			
Physicians / Specialty	Date	Phone #	Address or info

Medication Instructions

For specific medical questions, call the specialists listed above. For concerns or general questions, call a trauma coordinator 602-546-3000 during normal business hours. Call 911 in the event of an emergency or critical change in condition.

Parent Signature _____ **RN Signature** _____