



West Hills Hospital
7300 Medical Center Dr
West Hills, CA 91307
(818) 676-4000

Patient: KEVIN PERELMAN
DOB: 02/19/1972 Patient Ph:(818)266-0615
Physician: Jiami Uy, PA
MR #: AF00808049
Account #: AF1002633043
Today's Date: 8/28/2018

General Emergency Department Discharge Instructions

The treatment and evaluation you received have been provided on an emergency basis only and is not intended to be a substitute for, or an effort to provide complete medical care. It is important that you follow up with your primary care provider for ongoing monitoring and intervention. If your symptoms become worse or you do not improve as expected and you are unable to reach your usual health care provider, you should return to the Emergency Department. We are available 24 hours a day.

If you received medication for sedation, pain or nausea, the following applies: Do NOT drive, use heavy machinery or do anything that requires attention today or while taking this medication. Be careful walking up and down stairs. If you get dizzy, sit or lie down. Do not drink alcohol with this medication. Children should be supervised carefully.

You were treated in the Emergency Department by:

Primary Provider: Jiami Uy, PA

The Following Instructions Were Selected for You Today: Facial Contusion

Facial Contusion

You have been diagnosed with a facial contusion.

Contusion is the medical term for a bruise. A facial contusion can be caused by a fall or by being struck in the face.

The skin, muscles and other soft tissues of the face may become swollen and painful. You may have other injuries, like cuts or scrapes. The bones under your face might be bruised.

The doctor does not believe you have injured essential organs, like your eyes, brain or spine.

Apply ice to the face to help with pain and swelling. Place some ice cubes in a re-sealable plastic bag (like Ziploc®). Add some water. Seal the bag. Put a thin washcloth between the bag and the skin. Apply the ice bag for at least 20 minutes. Do this at least 4 times per day. It's okay to apply ice longer or more often. NEVER APPLY ICE DIRECTLY TO THE SKIN. Always keep a washcloth between the ice pack and your body. Swelling may increase overnight when your head is down and gravity causes fluids to pool in your face. This should improve within a few hours after you are awake with your head up. Try sleeping with extra pillows to keep your head high.

Use acetaminophen (Tylenol®) or ibuprofen (Advil® or Motrin®) to decrease pain and inflammation. The physician will decide if you need a prescription medication.



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8/28/2018 10:25 PM

Page: 1 of 3

If your nose bleeds, pinch it closed for 15 minutes. If that does not stop the bleeding, then return here or to the closest Emergency Department.

If you have a cut that requires stitches, then you will receive additional wound care instructions.

One concern after a facial injury is the possibility of other injuries to the head or neck. The doctor has determined that you do not have any other serious injuries and that it is OK for you to go home. If you develop symptoms of a head or neck injury, return immediately to the nearest Emergency Department.

YOU SHOULD SEEK MEDICAL ATTENTION IMMEDIATELY, EITHER HERE OR AT THE NEAREST EMERGENCY DEPARTMENT, IF ANY OF THE FOLLOWING OCCURS:

- Your headaches are severe or become worse.
- You vomit repeatedly.
- You are lethargic or difficult to awaken or you feel confused or seem intoxicated (drunk).
- You have trouble with coordination or balance, feel dizzy, pass out, or have difficulty speaking or slurred speech.
- Your vision changes or your pupils are unequal in size.

Follow Up Information:

Follow up with Your Physician as needed.

What To Do:

- Take this sheet with you when you go to your follow-up visit.
- If you have any problem arranging the follow-up visit, contact the Emergency Department immediately.
- Take all medications as directed.

Studies Done in the Emergency Department:

- There are occasions where additional lab tests return – such as a culture result or an X-ray or EKG - is further reviewed after you are discharged. If a change in your diagnosis or treatment is indicated, we will attempt to contact you. It is critical that we have a current phone number for you.
- If you had X-rays done, we can provide you a CD with those X-rays for your review and follow-up.
- Culture results may take 2-3 days. We review many culture results and will attempt to contact you if the results are significant or may change your treatment.

Additional Information or Instructions:

If side effects develop, such as a rash, difficulty breathing, or a severe upset stomach,



stop the medication and call your doctor or the Emergency Department.

MyHealthOne is the West Hills Hospital patient portal located: here: <http://westhillshospital.com/myhealthone>

Start managing your health today by using MyHealthOne portal. Once you create your account you can view hospital visits, view hospital lab results, schedule follow-up appointments and attend health related classes and events. Questions about MyHealthOne? Call (855)422-6625

I, KEVIN PERELMAN, understand the instructions and will arrange for follow-up care.

PATIENT/REPRESENTATIVE SIGNATURE

STAFF SIGNATURE

DATE

DISCHARGE TIME



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