



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

Patient: KEVIN PERELMAN  
DOB: 02/19/1972 Patient Ph:(999)999-9999  
Physician: Ali Varzгах, MD  
MR #: AF00808049  
Account #: AF1002570460  
Today's Date: 2/17/2018

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### 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: Ali Varzгах, MD

**The Following Instructions Were Selected for You Today: Musculoskeletal Chest Pain, Dog Bite**

**Musculoskeletal Chest Pain**

You have been diagnosed with musculoskeletal chest pain.

Your pain is due to an injury or inflammation (swelling) of the muscles, ligaments, cartilage (soft bone), or bone in your chest. The pain is usually sharp and knife-like and becomes worse with twisting, bending, or moving. It commonly occurs in a small area, and can be irritated by pressing on it. There is usually no shortness of breath, lightheadedness, weakness, or sweaty feeling. Some children will have pain when taking a deep breath or when coughing. Exercise usually does not affect these symptoms.

Musculoskeletal chest pain is treated with anti-inflammatory medications like ibuprofen (Advil® or Motrin®) or naproxen (Aleve®). Other pain medications are usually not needed. Depending on the reason for your symptoms, either warm or cool compresses (damp washcloths laid on the skin) may be helpful.

Most musculoskeletal chest pain improves over several days.

You do not need to follow up with a doctor unless your symptoms get worse or fail to improve in the next few days.

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

- Your pain gets worse.



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2/17/2018 5:53 AM  
Page: 1 of 5

- Your pain makes you feel short of breath, nauseated, or sweaty.
- You notice that your pain gets worse as you walk, go up stairs, or exert yourself.
- You have any weakness or lightheadedness with your pain.
- Your pain makes breathing difficult.
- You develop a swollen leg.
- Your symptoms get worse or you have other concerns.

### Dog Bite

You have been treated for a dog bite.

Dog bites are common. However, they do not lead to infections as often as cat or human bites.

Antibiotics are often not needed to prevent infection after dog bites. Your doctor may or may not prescribe an antibiotic. The decision will be based on several things:

- Location of the wound. Bites to the hand are often treated with antibiotics to prevent infection.
- Age and health of the patient. Older patients are often prescribed antibiotics. Patients with pre-existing diseases (Diabetes) are as well.

Rabies is rare in the United States. However, an infected dog can pass it on. Successful vaccination programs began in the 1940s. They caused a decline in dog rabies in this country. Rabies is very rare in domestic dogs (living in homes with a family). Data from the Center for Disease Control (CDC) from 2001 showed less than 1% (1 out of 100) of all animal rabies cases were found in dogs.

- The rabies incubation period is long. Therefore, a domestic dog can be watched for abnormal behavior.
- Wild animals should be caught. They should be turned over to local health department authorities. Unless there is no choice, professional animal control officers should catch the dog. A test on the animal can be done to see if it is infected with rabies.
- Bites from animals that are unknown and not captured are at risk for transmitting rabies. Your doctor will decide whether rabies immunizations are needed. This will be based on local and state infection rates.
- Bats, foxes, dogs, raccoons, cats and skunks can pass on rabies.
- Rodents (squirrels, chipmunks, hamsters, rats, and mice) very rarely, if ever, carry rabies. The same is true for Lagomorphs (rabbits and hares).

Take old dressings off and put on a clean dry dressing every day. If the dressing sticks to the wound, moisten it with water. It will then come off more easily.

Keep the wound clean and dry for the next 24 hours. Avoid excessive moisture. You can wash the wound gently with soap and water.

Put a clean, dry bandage over the wound if necessary. This is to protect the wound.

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

- Unusual redness or swelling.
- Red streaks starting up the arm or leg.



- Drainage that smells very bad or the wound smells bad.
- Fever (temperature higher than 100.4°F / 38°C), chills, more pain and/or swelling.

Tell your local animal control and/or health department about the bite. If you capture a wild animal, they will watch a live animal or have the animal tested for rabies.

**,Amoxicillin 875 MG / Clavulanate 125 MG Oral Tablet [Augmentin], Naproxen 375 MG Oral Tablet [Naprosyn]  
Amoxicillin 875 MG / Clavulanate 125 MG Oral Tablet [Augmentin]**

You have been given a an antibiotic in the penicillin class. It treats many kinds of infections including those of the skin, respiratory tract, sinuses, ear, dental and urinary tract.

- DO NOT take this medication if you have an allergy to penicillins or clavulanate or have experienced an unusual allergic reaction to cefaclor, other cephalosporin antibiotics, penicillin, penicillamine, other foods, dyes or preservatives.
- Keep this medication out of the reach of children. Always keep this medication in child-proof containers. DO NOT give your medication to anyone else.

If you develop the following side-effects, you should report them to your doctor as soon as possible and immediately STOP taking the medication:

- Difficulty breathing, wheezing, dizziness, fever or chills, hoarseness or throat swelling, reduced amount of urine, seizures, severe watery or bloody diarrhea, skin rash or itching.
- Stomach pain or cramps, swollen joints, unusual bleeding or bruising, weakness.

IT IS VERY IMPORTANT that you finish all the medication in this prescription, since the medicine is used to treat an ongoing infection in your body.

THESE INSTRUCTIONS ARE NOT COMPREHENSIVE (complete): Ask your pharmacist for additional information and precautions for this medication.

**Naproxen 375 MG Oral Tablet [Naprosyn]**

You have been given a medication that is considered a non-steroidal anti-inflammatory drug, or NSAID.

- Some common NSAIDS include: Ibuprofen (Advil, Motrin), Naproxen (Naprosyn, Aleve), Celecoxib (Celebrex), and Rofecoxib (Vioxx). There are many others!
- This medication is often used to relieve pain, reduce fever, and reduce inflammation.
- These are common medications; some are over-the-counter and others require a prescription from your doctor.
- DO NOT take this medication if you have stomach ulcers or are sensitive / allergic to it.
- DO NOT take this medication if you are taking other over-the-counter non-steroidal anti-inflammatory drugs. Never take more of the medication than prescribed. Overdosing of medication may cause damage to your kidneys.
- If you have side-effects that you think are caused by this medicine, tell your doctor. If you develop stomach pain, vomit blood, or have bowel movements that become black and tarry, discontinue the medication and notify your physician immediately.
- This medication may upset your stomach. Always take medication with milk or meals.

Keep this medication out of the reach of children. Always keep this medication in child-proof containers. DO NOT give your medication to anyone else.

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THESE INSTRUCTIONS ARE NOT COMPREHENSIVE (complete): Ask your pharmacist for additional information and precautions for this medication.

**Follow Up Information:**

Follow up with Your Physician in 2-3 days. Call as soon as possible to arrange.

**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:**

**Prescriptions Written:**

Amoxicillin 875 MG / Clavulanate 125 MG Oral Tablet [Augmentin], Take 1 tablet (875 mg) by mouth 2 times per day.  
Dispense Ten (10).

Prescriber: Varzgar, Ali

Paper Prescription given to patient

Naproxen 375 MG Oral Tablet [Naprosyn], Take one (1) tablet by mouth three (3) times a day with food as needed for pain. Dispense Twenty (20).

Prescriber: Varzgar, Ali

Paper Prescription given to patient

*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.

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PATIENT/REPRESENTATIVE SIGNATURE

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STAFF SIGNATURE

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DATE

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DISCHARGE TIME



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