MOUNT SINAI HOSPITAL
Joseph and Wolf Lebovic Health Complex
Bright Minds. Big Hearts. The Best Medicine.

Please stamp addressograph here.

Patient Discharge Summary

Testing 's Care Guide

I came to hospital on May 1 2015 (month/ day/ year) and left on May 3 2015 (month/ day/ year)

I came in because I had a ankle fracture

My notes

Medications I need to take (Newly prescribed)

Name	Dose	What it is for	
			Take as needed
Tylenol 3		Prevent pain	
Enoxaparin		Prevent infection	

Please refer to your prescriptions and talk to your pharmacist to review medication instructions and possible side effects.

How I might feel and what to do

I might feel	What to do
Pain	Drink more water and fruit juice. Eat fruits, vegetables, whole grain
Limb swelling	Keep limb elevated
Constipated	Take constipation medication
Lack energy	Take pain medication/ Cold therapy
Note:	

Go to Emergency if :

- Have a fever of 38.5°C
- Incision opens, becomes red and tender; increase drainage; drains pus
- Chest pain and new shortness of breath
- New swelling in the calf
- New calf tenderness

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Testing ‘s Care Guide

Changes to my routine

What to do

Dressing:	Keep transparent island dressing in place and change every 7 days
Sutures/ Staples:	Family Dr. to remove at Day 14 after surgery
Weight bearing:	Partial weight bearing on operated limb
Positioning:	Hip precautions for approximately 6 weeks. Refer to handbook for more information.
Activity:	Avoid the use of stairs
Activity:	Follow precaution instructions. Review with your physician and care team at follow up on when to resume normal daily activities.
Bathing:	Don’t immerse wound in water when showering. free text e.g. You can shower on Day 2 after discharge
Diet:	Check with your physician and pharmacist.

Additional Information:

Appointments I have to go to

Surgeon/ Fracture Clinic:	Dr. Mount Sinai Hospital, Rm 504. 416-586-4800 x7989	in 6 weeks
Family Dr.:		Call for appointment
Outpatient Rehab Clinic:	Dr. Mount Sinai Hospital, Rm 504. 416-586-4800 x7989	Call for appointment

Where to go for more information

General inquire: Mount Sinai Hospital - 600 University Avenue, Toronto, 416-586-4800

Fracture Clinic:

Additional information:

Orthopaedic surgery: http://guides.hsict.library.utoronto.ca/orthopaedicsurgery_home

Patient signature x	RN's Name: Date:

My notes

TO DO LIST:

- ○ Reviewed my discharge summary with my care team
- ○ Reviewed prescription with my pharmacist
- ○ Reviewed appointment instructions
- ○ Reviewed when to resume activities with my care team
- ○ Received information booklet or pamphlets
- ○ Arranged Community Access Care (CCAC) referral (if applicable)