



Aftercare leaflet

Home instructions

Date: _____

Treating medical specialism: _____

Accident and Emergency

Introduction

You visited the Accident and Emergency of Medisch Spectrum Twente today due to _____
In this leaflet we give advice / instructions concerning the aftercare of your treatment.

Instructions

The crossed sections apply to you:

wound care:

- dressing / bandage:
 - keep dry
 - change if necessary
 - remove after _____ day(s)
 - do not touch until follow-up appointment
 - change plaster after showering
- clean / rinse the wound _____ times a day
- wound-glue:

the sides are covered with an artificial scab. If you scratch at it, the wound can open up again. Keep the scab dry for 24 hours. Thereafter the wound may briefly get wet (do not allow it to get soft or scrub it). Afterwards, the wound can be dried with a hand-towel.
- steristrips:

Keep the wound dry for the first 24 hours. Thereafter the wound may briefly get wet (do not allow it to get soft or scrub it). Afterwards, the wound can be dried with a hand-towel. The steristrips will fall off of the wound on their own.
- stitches:

Keep the wound dry for the first 24 hours. Thereafter the wound may briefly get wet (do not let it get soft or scratch it). Afterwards, the wound can be dried with a hand-towel. The stitches will be removed either by your general practitioner / house doctor, or at the outpatient clinic (see follow-up appointment).
- _____

movement:

- no restrictions
- sling for _____ day(s)
- crutches (see the instruction leaflet)
- pressure bandage for _____ day(s)
- do not weight bear, keep the leg elevated
- weight bear, guided by pain level
- _____

get in contact if:

- continuous bleeding
- temperature above 38,5° C
- redness around the wound
- pus coming out of the wound
- persistent pain, despite adequate painkillers
- _____

painkillers:

- paracetamol dosage: _____
- follow the prescription
- _____

general instructions:

- cast information / leaflet
- _____

Follow up appointment

- you are requested to make a follow up appointment for between a minimum of _____ , until a maximum of _____ day(s) / weeks / months
- you be sent a follow up appointment request to your home address

To make an appointment, on the first following workday please call with:

- You own general practitioner / house doctor**

Surgery Enschede (053) 487 33 20

- Outpatient treatment clinic - route C16
- Outpatient Wound treatment clinic - route C16
- Cast room - route C16 **(053) 487 33 20**

Surgery Oldenzaal (053) 487 34 40

- Outpatient treatment clinic - route 159
- Cast room - route 165 **(0541) 57 40 19**

Surgery Enschede

- Gastrointestinal Surgery / Surgical Oncology **(053) 487 34 41** - route B11
- Trauma surgery **(053) 487 34 40** – route B11
- Vascular surgery **(053) 487 34 42** - route B21

Orthopaedics Enschede (053) 487 27 40

- Outpatient treatment - route C16
- Orthopaedics - route C11
- Cast room - route C16 **(053) 487 33 20**

Internal Medicine

- Internal medicine Endocrinology / Infectious diseases **(053) 487 24 30** - route E16
- Internal medicine Haematology / Oncology **(053) 487 24 40** - route E25
- Internal medicine Nephrology **(053) 487 24 20** - route E01

Other specialisms

- Cardiology **(053) 487 21 10** - route A25
- Pulmonology **(053) 487 26 10** - route B23
- Ear, Nose and Throat **(053) 487 22 30** - route A14
- Paediatrics **(053) 487 23 10** - route H05
- Gastroenterology and hepatology **(053) 487 24 10** – route D25
- Maxillofacial surgery **(088) 708 33 80** - route A17
- Neurology **(053) 487 28 50** - route C21
- Ophthalmology **(053) 487 27 30** - route C05
- Urology **(053) 487 22 60** - route H41
- Plastic surgery **(053) 487 22 50** - route C13
- Other: _____

Questions / problems

If possible, during open hours contact:

- You own general practitioner / house doctor
- Treating medical specialism

Outside of opening times:

- Accident and Emergency, MST (053) 487 33 33

Finally

You have a right to correct and complete information. Only when you have sufficient insight can you give consent for a certain treatment or a certain examination. If something is not completely clear to you, ask the doctor, physician assistant or nurse for further explanation.