

**Document info**

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**Patient Summary ED**

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**Patient:** CAROLYN SWEARENGEN      **DOB:** May 27, 1994

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Patient Summary ED

**Dignity Health  
Chandler Regional Medical Center**  
1955 W. Frye Road  
Chandler, AZ 85224  
(480) 728-3211

**Emergency Department  
Patient Discharge Instructions**

**If your symptoms continue or worsen, return to  
Chandler Regional Medical Center or contact your  
Physician.**

**If you have questions about your discharge  
instructions, call Chandler Regional Medical Center Emergency  
Department  
(480)728-3211**

**Name:** SWEARENGEN, CAROLYN  
**Current Date:** 05/14/26 13:31:25

**DOB:** 5/27/1994 12:00 AM  
84001983257

**MRN:** 3501293017(EV)

**FIN:**

**Patient Address:** 295 W DEL RIO ST GILBERT AZ 85233  
**Patient Phone:** (480)677-9865

**Reason For Visit:** Laceration of wrist  
**Discharge Diagnosis:**

Chandler Regional Medical Center would like to thank you for allowing us to assist you with your healthcare needs. These instructions are intended to provide general information and guidelines to follow at home to properly care for your particular medical problem.

The following diagnostic tests and/or procedures were performed during your stay:

<b>Laboratory</b>
*Diff Auto no Abs
Acetaminophen Level
Amylase Level
CBC w/Diff*
Comprehensive Metabolic Panel
Creatine Kinase
Drug Screen - Urine, Rapid
Ethanol Level
HCG serum preg w/QT if Ind
Lipase Level
Salicylate Level
Thyroid Stimulating Hormone
UA w/ Culture if ind
hCG Qual
zUrinalysis Microscopic

SWEARENGEN, CAROLYN has been given the following list of follow-up instructions, prescriptions, patient education materials, and valuables/belongings:

**Follow-up Instructions:**

**With:**  
follow up with social work  
resources as advised

**Address:**

**When:**  
Within As soon as  
possible

**Comments:**

Call for follow up appointment

**With:**

Cynthia Jordan

**Address:**

3048 E Baseline Rd #120 Mesa,  
AZ 85204  
4805053276 Business (1)

**When:**

Within 1 to 3 days

**Comments:**

**Patient Education Materials:**

**Laceration Care, Adult**

A laceration is a cut or lesion that goes through all layers of the skin and into the tissue just beneath the skin.



## TREATMENT

Some lacerations may not require closure. Some lacerations may not be able to be closed due to an increased risk of infection. It is important to see your caregiver as soon as possible after an injury to minimize the risk of infection and maximize the opportunity for successful closure.

If closure is appropriate, pain medicines may be given, if needed. The wound will be cleaned to help prevent infection. Your caregiver will use stitches (*sutures*), staples, wound glue (*adhesive*), or skin adhesive strips to repair the laceration. These tools bring the skin edges together to allow for faster healing and a better cosmetic outcome. However, all wounds will heal with a scar. Once the wound has healed, scarring can be minimized by covering the wound with sunscreen during the day for 1 full year.

## HOME CARE INSTRUCTIONS

For sutures or staples:

- Keep the wound clean and dry.
- If you were given a bandage (*dressing*), you should change it at least once a day. Also, change the dressing if it becomes wet or dirty, or as directed by your caregiver.

- Wash the wound with soap and water 2 times a day. Rinse the wound off with water to remove all soap. Pat the wound dry with a clean towel.
- After cleaning, apply a thin layer of the antibiotic ointment as recommended by your caregiver. This will help prevent infection and keep the dressing from sticking.
- You may shower as usual after the first 24 hours. **Do not** soak the wound in water until the sutures are removed.
- Only take over-the-counter or prescription medicines for pain, discomfort, or fever as directed by your caregiver.
- **Get your sutures removed in 10 days.**

For skin adhesive strips:

- Keep the wound clean and dry.
- **Do not** get the skin adhesive strips wet. You may bathe carefully, using caution to keep the wound dry.
- If the wound gets wet, pat it dry with a clean towel.
- Skin adhesive strips will fall off on their own. You may trim the strips as the wound heals. **Do not** remove skin adhesive strips that are still stuck to the wound. They will fall off in time.

For wound adhesive:

- You may briefly wet your wound in the shower or bath. **Do not** soak or scrub the wound. **Do not** swim. **Avoid** periods of heavy perspiration until the skin adhesive has fallen off on its own. After showering or bathing, gently pat the wound dry with a clean towel.
- **Do not** apply liquid medicine, cream medicine, or ointment medicine to your wound while the skin adhesive is in place. This may loosen the film before your wound is healed.
- If a dressing is placed over the wound, be careful not to apply tape directly over the skin adhesive. This may cause the adhesive to be pulled off before the wound is healed.
- **Avoid** prolonged exposure to sunlight or tanning lamps while the skin adhesive is in place. Exposure to ultraviolet light in the first year will darken the scar.
- The skin adhesive will usually remain in place for 5 to 10 days, then naturally fall off the skin. **Do not** pick at the adhesive film.

#### **You may need a tetanus shot if:**

- You cannot remember when you had your last tetanus shot.
- You have never had a tetanus shot.

If you get a tetanus shot, your arm may swell, get red, and feel warm to the touch. This is common and not a problem. If you need a tetanus shot and you choose not to have one, there is a rare chance of getting tetanus. Sickness from tetanus can be serious.

#### **SEEK MEDICAL CARE IF:**

- You have redness, swelling, or increasing pain in the wound.
- You see a red line that goes away from the wound.
- You have yellowish-white fluid (*pus*) coming from the wound.
- You have a fever.
- You notice a bad smell coming from the wound or dressing.
- Your wound breaks open before or after sutures have been removed.

- You notice something coming out of the wound such as wood or glass.
- Your wound is on your hand or foot and you cannot move a finger or toe.

**SEEK IMMEDIATE MEDICAL CARE IF:**

- Your pain is not controlled with prescribed medicine.
- You have severe swelling around the wound causing pain and numbness or a change in color in your arm, hand, leg, or foot.
- Your wound splits open and starts bleeding.
- You have worsening numbness, weakness, or loss of function of any joint around or beyond the wound.
- You develop painful lumps near the wound or on the skin anywhere on your body.

**MAKE SURE YOU:**

- Understand these instructions.
- Will watch your condition.
- Will get help right away if you are not doing well or get worse.

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## Depression, Adult

Depression refers to feeling sad, low, down in the dumps, blue, gloomy, or empty. In general, there are two kinds of depression:

1. Depression that we all experience from time to time because of upsetting life experiences, including the loss of a job or the ending of a relationship (normal sadness or normal grief). This kind of depression is considered normal, is short lived, and resolves within a few days to 2 weeks. (Depression experienced after the loss of a loved one is called bereavement. Bereavement often lasts longer than 2 weeks but normally gets better with time.)
2. Clinical depression, which lasts longer than normal sadness or normal grief or interferes with your ability to function at home, at work, and in school. It also interferes with your personal relationships. It affects almost every aspect of your life. Clinical depression is an illness.

Symptoms of depression also can be caused by conditions other than normal sadness and grief or clinical depression. Examples of these conditions are listed as follows:

- Physical illness—Some physical illnesses, including underactive thyroid gland (*hypothyroidism*), severe anemia, specific types of cancer, diabetes, uncontrolled seizures, heart and lung problems, strokes, and chronic pain are commonly associated with symptoms of depression.
- Side effects of some prescription medicine—In some people, certain types of prescription medicine can cause symptoms of depression.
- Substance abuse—Abuse of alcohol and illicit drugs can cause symptoms of depression.

**SYMPTOMS**

Symptoms of normal sadness and normal grief include the following:

- Feeling sad or crying for short periods of time.
- Not caring about anything (*apathy*).
- Difficulty sleeping or sleeping too much.
- No longer able to enjoy the things you used to enjoy.
- Desire to be by oneself all the time (*social isolation*).
- Lack of energy or motivation.
- Difficulty concentrating or remembering.
- Change in appetite or weight.
- Restlessness or agitation.

Symptoms of clinical depression include the same symptoms of normal sadness or normal grief and also the following symptoms:

- Feeling sad or crying all the time.
- Feelings of guilt or worthlessness.
- Feelings of hopelessness or helplessness.
- Thoughts of suicide or the desire to harm yourself (*suicidal ideation*).
- Loss of touch with reality (*psychotic symptoms*). Seeing or hearing things that are not real (*hallucinations*) or having false beliefs about your life or the people around you (*delusions* and *paranoia*).

## **DIAGNOSIS**

The diagnosis of clinical depression usually is based on the severity and duration of the symptoms. Your caregiver also will ask you questions about your medical history and substance use to find out if physical illness, use of prescription medicine, or substance abuse is causing your depression. Your caregiver also may order blood tests.

## **TREATMENT**

Typically, normal sadness and normal grief do not require treatment. However, sometimes antidepressant medicine is prescribed for bereavement to ease the depressive symptoms until they resolve.

The treatment for clinical depression depends on the severity of your symptoms but typically includes antidepressant medicine, counseling with a mental health professional, or a combination of both. Your caregiver will help to determine what treatment is best for you.

Depression caused by physical illness usually goes away with appropriate medical treatment of the illness. If prescription medicine is causing depression, talk with your caregiver about stopping the medicine, decreasing the dose, or substituting another medicine.

Depression caused by abuse of alcohol or illicit drugs abuse goes away with abstinence from these substances. Some adults need professional help in order to stop drinking or using drugs.

## **SEEK IMMEDIATE CARE IF:**

- You have thoughts about hurting yourself or others.
- You lose touch with reality (have psychotic symptoms).
- You are taking medicine for depression and have a serious side effect.

## **FOR MORE INFORMATION**

National Alliance on Mental Illness: [www.nami.org](http://www.nami.org)

National Institute of Mental Health: [www.nimh.nih.gov](http://www.nimh.nih.gov)

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## **Polysubstance Abuse**

When people abuse more than one drug or type of drug it is called polysubstance or polydrug abuse. For example, many smokers also drink alcohol. This is one form of polydrug abuse. Polydrug abuse also refers to the use of a drug to counteract an unpleasant effect produced by another drug. It may also be used to help with withdrawal from another drug. People who take stimulants may become agitated. Sometimes this agitation is countered with a tranquilizer. This helps protect against the unpleasant side effects. Polydrug abuse also refers to the use of different drugs at the same time.

Anytime drug use is interfering with normal living activities, it has become abuse. This includes problems with family and friends. Psychological dependence has developed when your mind tells you that the drug is needed. This is usually followed by physical dependence which has developed when continuing increases of drug are required to get the same feeling or "high". This is known as addiction or chemical dependency. A person's risk is much higher if there is a history of chemical dependency in the family.

### **SIGNS OF CHEMICAL DEPENDENCY**

- You have been told by friends or family that drugs have become a problem.
- You fight when using drugs.
- You are having blackouts (not remembering what you do while using).
- You feel sick from using drugs but continue using.
- You lie about use or amounts of drugs (chemicals) used.
- You need chemicals to get you going.
- You are suffering in work performance or in school because of drug use.
- You get sick from use of drugs but continue to use anyway.
- You need drugs to relate to people or feel comfortable in social situations.
- You use drugs to forget problems.

"Yes" answered to any of the above signs of chemical dependency indicates there are problems. The longer the use of drugs continues, the greater the problems will become.

If there is a family history of drug or alcohol use, it is best not to experiment with these drugs. Continual use leads to tolerance. After tolerance develops more of the drug is needed to get the same feeling. This is followed by addiction. With addiction, drugs become the most important part of life. It becomes more important to take drugs than participate in the other usual activities of life. This includes relating to friends and family. Addiction is followed by dependency. Dependency is a condition where drugs are now needed not just to get high, but to feel normal. Addiction cannot be cured but it can be stopped. This often requires outside help and the care of professionals. Treatment centers are listed in the yellow pages under: Cocaine, Narcotics, and

Alcoholics Anonymous. Most hospitals and clinics can refer you to a specialized care center. Talk to your caregiver if you need help.

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### Medication Information:

Please advise your Primary Care Physician of these new medications and update your list as your medications change. Be sure to carry your complete medication list with you at all times.

### Continue Home Meds

#### Printed or Written Prescriptions

**FLUoxetine (PROzac 10 mg oral capsule)** 1 Cap, By mouth, once daily, 14 Day, Refills: 2  
Last Dose Given: \_\_\_\_\_ Next Dose Due: \_\_\_\_\_

#### Other Medications

**busPIRone (BuSpar)** 5 mg, By mouth, twice daily, Refills: 0  
Last Dose Given: \_\_\_\_\_ Next Dose Due: \_\_\_\_\_

**FLUoxetine (PROzac)** , By mouth, once daily, Refills: 0  
Last Dose Given: \_\_\_\_\_ Next Dose Due: \_\_\_\_\_

I, SWEARENGEN, CAROLYN, understand that Chandler Regional Medical Center is not responsible for any personal belongings/effects or valuables that have not been identified on the valuable and belongings list. Any personal effects brought into the facility and not recorded on the Valuables and Belongings Form, are the responsibility of the patient/family/significant other.

I have received the indicated patient education materials/instructions and medication list and have verbalized understanding.

\_\_\_\_\_  
Patient/Responsible Adult Signature

\_\_\_\_\_  
Provider Signature

\_\_\_\_\_  
Date & Time

\_\_\_\_\_  
Date & Time