Bergen Highlands Medical Center

Emergency Department
300 Winterbourne Plaza
Paramus, NJ 07652
(201) 555-0140
bergenhighlands.example

Emergency Department Discharge Instructions

Patient	ZARETSKAYA, VERA P
Date of birth	05/22/2018 (7 years)
Medical record number	BH-2274418
Visit	06/07/2025, arrived 7:42 PM, discharged 11:31 PM
Seen by	Daniel Aguirre, MD; Priya Nair, PA-C
With	Yulia Zaretskaya, mother, (201) 555-0143
Insurance	Alderpoint Health PPO, APH620418377-04
Primary care	Marina Vaysman, MD, Thistle Hill Pediatrics

Allergies

Amoxicillin: hives, 2021, reported by mother. No food or latex allergy reported.

Reason for visit

Fall from playground monkey bars onto the outstretched left hand at about 5:30 PM. Pain and swelling of the left wrist.

Diagnosis

Buckle (torus) fracture of the distal radius, left. Closed, not displaced. No other injury found.

What we did

X-ray of the left wrist and forearm, 2 views. Short arm fiberglass cast. Weight 23.4 kg. Ibuprofen 200 mg by mouth at 8:15 PM.

Medicine at home

Medicine	Dose	How often
Ibuprofen, children's, 100 mg per 5 mL	10 mL	every 6 to 8 hours as needed, with food, up to 3 days

Medicine	Dose	How often
Acetaminophen, 160 mg per 5 mL	10 mL	every 6 hours as needed if ibuprofen is not enough

No antibiotic was prescribed.

Cast care

Keep the cast dry. Cover it with a plastic bag for bathing. Do not put anything inside the cast to scratch. Raise the arm on a pillow for the first two days. Wiggle the fingers often.

Follow-up

See pediatric orthopedics in 7 to 10 days: **Hannah Lindgren, MD, Northvale Children's Orthopedics, (201) 555-0156**. Bring the disc with the X-ray. Expect the cast to stay on for 3 to 4 weeks. No gymnastics, climbing or contact sports until the orthopedist clears her.

Come back or call 911 if

The fingers turn blue, white or cold, or cannot be moved; pain is not controlled by the medicine above; the cast gets wet, cracks or feels too tight; there is fever above 101 F.

Payment

Emergency room copay collected: $250.00, Visa ending 0946.

Parent or guardian *Y. Zaretskaya* Discharge nurse: T. Okoro, RN