



Cayuga
Medical Center
at Ithaca

Cayuga Medical Center
Emergency Department 607-274-4411
Urgent Care Center (Ithaca) 607-274-4150
Cortland Convenient Care 607-756-7200

Patient: Simon St Laurent Date: 05-05-2006 Time: 11:54:44 Page 1

Instructions for: Simon St Laurent

Date: 05-05-2006 Your care provider was: GARBER, AARON MD

Thank you for choosing us for your medical needs. We hope you are satisfied with the care you received. Please call if there is any problem.

ANY CONDITION CAN CHANGE Some diseases worsen despite proper treatment. Some problems begin with unusual or vague symptoms and may require passage of time for symptoms and findings to develop before the correct diagnosis can be made. If your condition changes significantly you should call or return for re-examination.

All x-rays are interpreted by a radiologist. This is usually done within 24 hours. If there is any important difference between the radiologist's and your physician's reading of the X-rays, you will be notified. If you had cultures the results will generally NOT be available before 48 to 72 hours depending on the specimen.



Please call us at the number above if you have any questions concerning your care. Our business office can answer questions about your bill or insurance on weekdays, 9 to 5 at the numbers below.



Your medical information is stored electronically on our secure network. It will be readily available to your doctor if needed. To obtain printed copies of your records, please call the Medical Records number below.



Xray 607-274-4271



Records 607-274-4313



Physician billing 800-355-2470. Hospital billing 607-274-4400

FOLLOW UP:

Please call _____ to schedule an appointment to be seen for a check-up within 3 days. If you do not have a regular doctor then a list of doctors accepting new patients will be given to you. If your symptoms worsen then please go to the ER.

PAIN INFORMATION:

If you know your pain is worse when you do a certain activity, ask for your pain medicine before you do it to prevent the pain. When you have pain, do not wait for it to get really bad before asking for pain medication. Your doctor might even schedule you to get medication regularly.

There are other things that can be done along with medicine to help reduce pain. Some of them are:

- *changing positions
- *deep breathing & relaxation
- *massage
- *music
- *hot or cold packs
- *meditation

X-RAY INFORMATION:

If you had an X-Ray today then it is important for you to know that all X-Rays are officially read by a Radiologist (usually within 24 hours). If there is any significant difference between the reading you were given today and the official reading then you will be notified.

TICK BITES:

You have been "attacked" by a tick. Once the tick is removed, these "bites" usually cause no problems. Tick fever, tick paralysis, Rocky Mountain Spotted fever, and Lyme disease are very rare -- but you should mention this tick bite to your doctor if you develop unusual symptoms in the next several



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weeks.

If you develop any of the following, please see your physician promptly:

- (1) Fever, chills, or generalized malaise associated with a headache.
- (2) A rash.
- (3) Joint pain, joint swelling or generalized weakness.
- (4) Redness, swelling, or drainage at the site of the bite.

Check yourself, your children and your pets for ticks whenever you've been in an area where ticks live. To remove a tick, grasp it firmly with some tweezers as close to its head as possible and pull it out twisting the tweezers in a counter-clockwise direction.

LYME DISEASE INFORMATION:

You DO NOT HAVE having Lyme disease. Lyme disease is an infection spread through the bite of a deer tick. Symptoms include rash, fever, fatigue, joint swelling, and aches.

Lyme disease can be treated with antibiotics. It is important that you take the entire course of medication, then follow-up for re-examination with your physician.

Call the physician if you develop severe headache, stiff neck, paralysis or "drooping" of either side of the face, or a worsening of any other symptom.

DOXYCYCLINE:

Take Doxycycline 200mg as a one time dose to prevent the chances of Lyme Disease.

Doxycycline (Vibramycin, Doryx) is an antibiotic of the tetracycline family. This type of drug is useful for infections of the respiratory tract and genital tract, and is sometimes used for intestinal infections.

Unlike most tetracyclines, doxycycline can be taken with food. It is longer acting, and (usually) less prone to side effects than regular tetracycline.

Tetracycline antibiotics can stain immature teeth and **SHOULD NOT BE TAKEN BY CHILDREN, NURSING MOTHERS, OR PREGNANT WOMEN.**

Tetracyclines can make you more prone to sunburn. Abdominal cramping, nausea, and diarrhea are occasional side effects. Women may experience vaginal yeast infections.

Call the doctor at once if you develop hives, itching, shortness of breath, or lightheadedness.

I understand and have received a copy of these instructions, have had an opportunity to discuss them. and authorize the above listed physicians to receive a copy of this record.

My questions have been answered. (Entiendo estas instrucciones y he recibido copia de ellas.)



Patient (or representative)



Nurse/Physician