



**EMERGENCY DEPARTMENT
REFERRAL TO THE MOUNT SINAI
FRACTURE CLINIC**

600 University Ave. Toronto, ON M5G 1X5



TO BE COMPLETED BY E.R. PHYSICIAN/NURSE

Referring Doctor _____, MD

Reason for Referral _____

FAX: 4769 ALONG WITH COPY OF E.R. CHART. Please provide copy of this form to the patient.

Consultants kindly send a copy of your consult note to **FAX 8620 MSH/SHS ED** attention Dr. _____ and a copy to the patient's family physician.

PATIENT INSTRUCTIONS

Dear Patient,

Please receive follow up care at the Fracture Clinic located at Mount Sinai Hospital, 600 University Avenue, on the 5th floor, Room # 504.

Your Clinic appointment is scheduled for: Date: _____ Time: _____

Please bring with you to your fracture clinic appointment your:

- The PINK copy of your Emergency Chart
- Ontario Health Card (OHIP)

Thank-you

CAST CARE INSTRUCTION

1. Although it feels hard by the time you leave the Emergency, your cast is not completely dry for up to 48 hours. Do not stress it in any way which may cause it to crack or indent during this time. It is best to rest the affected limb as much as possible for the first 2 days.
2. Elevate the affected limb as much as possible for the first 2 days at or higher than the level of your heart. This allows gravity to help reduce swelling and pain.
3. Keep the cast dry. Bathing with a cast must be done cautiously to prevent moisture from entering the cast.
 - If you have a cast on your arm, place a plastic bag over the cast and tape it securely around the upper arm, then repeat the procedure with a second bag and ring of tape. Attempt to hold the arm above the head while bathing.
 - If you have a cast on your leg, wrap a towel around the upper portion of the cast and then repeat the double bag and double tape procedure as outlined above.
4. Remove any rings from fingers/toes of affected limb.

Reasons to Return to the Emergency Department IMMEDIATELY:

- ✓ **Increased pain or Loss of feeling or movement**
- ✓ **Coldness**
- ✓ **Blueness**
- ✓ **Excessive Swelling**