



UW Medicine

脊椎减压手术后的日常活动

安全与复原的自理

该手册为脊椎减压手术后提供自理指南。遵照本指南来保护你的脊椎和帮助你康复。

自理

遵照本指南来做你的日常活动，起初，你可能需要多休息。记得在你的日常计划中安排休息时间。

还有，确保你：

- 睡个好觉。
- 每天穿衣服。
- 慢慢地恢复你的兴趣和其他你喜欢的活动。

保护你的脊椎

头六周，请记住遵照BLTs来弯腰，抬举和扭转：

- **弯腰：**不能弯曲你的脊椎。
- **抬举：**不要抬举超过10磅。（1加仑牛奶大概9磅重。）你的医生会在你复诊时告诉你可以提多重。
- **扭转：**不要扭腰或扭脖子。



复原需要时间。切记慢慢恢复日常活动。

睡眠

- 使用有较好支撑的床垫。以你自己舒适的姿势睡觉。
- 如果你戴着颈托，在颈部放一个颈枕或一卷毛巾会有帮助。
- 当你平躺时，在你的膝盖下面放一个枕头，这样可以缓解背部肌肉的压力。
- 当你侧躺时，在两腿之间放一个枕头。

穿衣服

穿/脱衣服时不要扭转你的上半身。穿宽松的上衣，这样穿/脱衣服的时候就不用扭转身体。

洗澡

- 在____天内不要让你的伤口碰水。
- 在不弯腰的情况下尽快的洗澡并擦干。让其他人帮忙洗和擦干身体的其他部位。
- 当你的伤口可以碰水时：
 - 让肥皂和水在伤口上流淌，不要搓伤口。轻轻地拍干伤口处。
 - 如果伤口还在流血，你可以在洗澡后放一块新的干棉纱。
- 不要在伤口完全愈合前泡澡，泡热水浴，游泳，或洗桑拿浴。

伤口护理

- 你可能会发现你的伤口有一点流血水。这会慢慢变少直至不再流。
- 保持你的伤口干净和干爽。一天至少换一次干净的棉纱。
- 不要在伤口上涂抹护肤霜，药膏，乳液或粉剂。
- 在伤口停止流血后，你不需要用纱布了。
- 不要撕手术时使用的任何皮肤胶。
- 避免做任何可能导致伤口裂开的动作。
- 不要吸烟或使用尼古丁产品。尼古丁可能降低或防止伤口愈合。
- 可以服用醋氨酚-acetaminophen (泰诺-Tylenol) 和非甾体类抗炎药如布洛芬-ibuprofen (Advil, Motrin) 或萘普生-naproxen (Aleve, Naprosyn)。这些药可以帮助减轻疼痛和发炎。遵照药瓶上的指示服用。

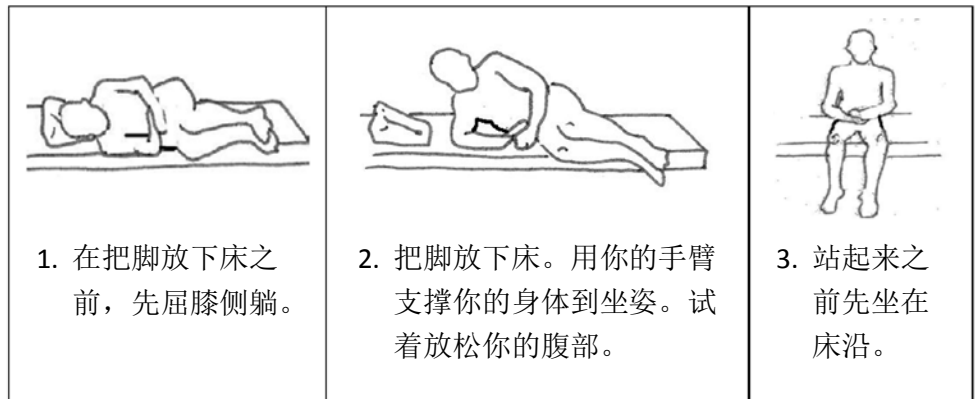
活动

- **避免用力推，拉或抬。**找人帮忙做一些日常琐事如帮你拿东西，做家务或庭院活，抱小孩，宠物 和其他东西。
- 2周内，避免坐长途车和飞机来预防血栓。如果你需要长时间坐车或飞机，至少每30-45分钟做一次5-10分钟的伸展或行走。
- 如果你戴着护颈，请不要开车。
- **多活动。**每天步行2-3次。走路时轻轻摆动双臂。开始时放缓脚步，等你觉得比较强壮后慢慢增加距离。

- 保持良好的坐姿来锻炼你的腹部肌肉。
- 在康复期使用辅助工具。这些可能包括冲凉椅，可活动的花洒头，易取杆（reach and grab 工具），长柄搓澡刷，马桶增高垫，和冰袋。尽量在手术前准备好这些工具。这些你都可以在网上 www.amazon.com 或医疗辅助器材店买到。

下床

使用三步”滚木法”起床。



性行为

何时可能恢复性行为取决于你手术后的康复情况。最好等到你的下一次复诊时咨询医生。如果你有性行为，确保自己遵照你的BLT注意事项。

以下情况联系门诊

如果你对你的健康有疑问或有以下的症状，请拨打206.744.9350分机号2联系门诊护士。

- 高烧 100华氏度 (37.8° C)
- 伤口发红，发烫，流脓或肿胀加剧
- 新的或疼痛加剧
- 严重头痛
- 感觉非常疲乏
- 排便或膀胱控制发生变化
- 手/脚有新的麻木/无力感

疑问?

你的问题很重要。如果你有任何问题或疑虑，联系你的医生或其他护理人员。

工作日上午 8 点到下午 4 点，
联系海景医院脊椎中心：
206.744.9350 分机号 2。

下班时间，周末和节假日，联系
206.744.9350。

Activities of Daily Living After Spinal Decompression Surgery

Self-care for safety and healing

This handout gives self-care guidelines to follow after spinal decompression surgery. Follow these guidelines to protect your spine and help you recover.

Self-care

Follow the guidelines in this handout for your daily activities. At first, you may need to take a lot of breaks. Be sure to include rest times in your plan for each day.

Also, make sure you:

- Get a good night's sleep.
- Get dressed every day.
- Slowly resume the hobbies or other activities you enjoy.

Protect Your Spine

For 6 weeks, follow the **BLTs** for bending, lifting, and twisting:

- **Bending:** Do **not** bend your spine.
- **Lifting:** Do **not** lift more than 10 pounds. (A gallon of milk weighs almost 9 pounds.) Your doctor will tell you how much you can lift at your follow-up visits.
- **Twisting:** Do **not** twist your back or neck.

Sleeping

- Use a mattress with good support. Sleep in the position that is most comfortable for you.
- If you are wearing a neck brace, it can help to place a small pillow or a rolled towel under your neck.
- When lying on your back, place a pillow under your knees. This will lessen the stress on your back muscles.
- When lying on your side, place a pillow between your legs.



Recovery takes time. Be sure to resume activity slowly.

Getting Dressed

Do **not** twist your upper body when you get dressed and undressed. Wear loose-fitting tops that you can put on and take off without twisting your body.

Showers

- Do **not** let your incision get wet for _____ days.
- When you shower, wash and dry as far as you can without bending. Have someone else wash and dry the rest of your body.
- Once you are allowed to get your incision wet:
 - Let soap and water gently run over your incision. Do **not** rub the incision. Gently pat the area dry.
 - If your incision is still draining, you may apply a new dry gauze dressing after you shower.
- Do **not** take a bath, sit in a hot tub, go swimming, or use a sauna until your incision is fully healed.

Wound Care

- You may see a small amount of drainage from your incision. This should slowly lessen and then stop.
- Keep your incision dry and clean. Change the dry gauze dressing at least once a day.
- Do **not** apply creams, ointments, lotions, or powders to your incision.
- After your incision stops draining, you no longer need to apply a gauze dressing, unless needed for comfort.
- Do **not** peel off any of the skin glue applied during surgery.
- Avoid any movements that might cause your incision to open.
- Do **not** smoke or use nicotine products. This can slow or prevent wound healing.
- It is **OK** to take acetaminophen (Tylenol) and *non-steroidal anti-inflammatory drugs* (NSAIDs) such as ibuprofen (Advil, Motrin) or naproxen (Aleve, Naprosyn). These medicines can help lessen pain and inflammation. Follow the dose instructions on the bottle.

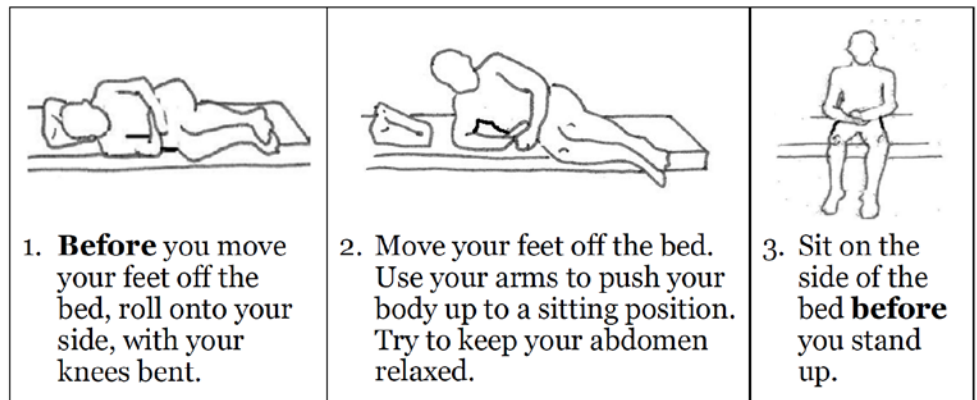
Activities

- **Avoid strenuous pushing, pulling, and lifting.** Ask someone else for help with activities such as lifting groceries, doing household chores or yard work, or picking up children, pets, and other items.
- **For 2 weeks, limit long car rides and flights** to prevent a blood clot. If you need to sit in the car or airplane for a long time, stretch or walk for 5 to 10 minutes every 30 to 45 minutes.

- **Do not drive** if you are wearing a neck brace.
- **Keep moving.** Walk 2 to 3 times daily. Gently swing your arms while walking. Start slowly and increase your distance as you feel stronger.
- **Practice good posture** to keep your abdominal muscles strong.
- **Use helpful devices** during your recovery. These may include a shower chair, a shower head that you can hold in your hand, a reach-and-grab tool, a long-handled loofa, a raised toilet seat, and ice packs. Try to get these tools before surgery. You can find many of them online at www.amazon.com or at a medical supply store.

Getting Out of Bed

Use the 3-step “logroll” method to get out of bed.



Sexual Activity

When you can resume sexual activity depends on how quickly you recover after surgery. It is best to wait until you talk with your doctor at your follow-up visit. Ask when it is OK to start being sexually active. If you have sex, be sure to follow your BLT precautions.

When to Call

Call the clinic at **206.744.9350 and press 2** if you have questions about your health or have any of these symptoms:

- Fever above 100°F (37.8°C)
- More redness, heat, drainage, or swelling at your incision
- New or worse pain
- Severe headache
- Feeling very tired
- Change in your bowel or bladder control
- New numbness or weakness in your arms or legs

Questions?

Your questions are important. Call your doctor or other healthcare provider if you have questions or concerns.

Weekdays 8 a.m. to 4 p.m., call Harborview Spine Center: 206.744.9350 and press 2 when you hear the recording.

After hours and on weekends and holidays, call 206.744.9350.