



骨科手术后

在家的自我护理

这份讲义为您提供了有关伤口护理、饮食及您回家后需要注意的症状说明。如您有任何疑问、请向您的医疗团队成员提问。

在家的自我护理

伤口的护理

- 敷料及伤口保持清洁、干燥。
- 您的外科医生会告诉您何时可以取下绷带。取下后、每天检查伤口。以确保：
 - 伤口封合
 - 无液体渗泌、不发热、红肿或触痛
- 如您对自己的伤口有任何顾虑、请致电第 2 页“该打电话给谁”下面所列的号码之一。

饮食

吃均衡的饮食。包括所有食物类别的食物：蛋白质、蔬菜、水果和谷物。蛋白质是非常重要的、它有助于您伤口的愈合。良好的蛋白质来源有：

- 肉类、鱼类、家禽类、乳制品、蛋
- 豆类、扁豆、豆腐、花生、其他豆类

活动及锻炼

在手术后的恢复期间、活动及锻炼事项请按照您医护人员的指示。

疼痛的控制

请参您在手术前门诊就诊时收到的有关家中控制疼痛的讲义。

后续的门诊

在手术后 7 至 14 天您来看后续的门诊。



来后续的门诊时、您的外科医生会检查您恢复的状况。

来后续的门诊时、您的外科医生会：

- 检查您恢复的状况
- 取下钉针或缝线（拆线）

淋浴

- 后续的门诊时取下钉针或缝线后、除非有医生特别的嘱咐、您就不必覆盖伤口就可以淋浴。
- 在手术后 **4 至 6 周内**、请勿坐浴、泡澡、游泳、或将您的伤口浸水、除非医疗人员告诉您可以。

何时应该与医生联系

如您有下列状况时、请联系您的医护人员或诊所：

- 体温超过 **101°F (38.3°C)**
- 伤口有变化：
 - 打开
 - 液体渗泌
 - 发热、红肿或触痛
- 做手术的手臂或腿部有麻木、针扎感、或其他的问题
- 疼痛加剧、服用止痛药也无效
- 任何使您担心的症状

如您有下列症状、请即刻打 **911**：

- 胸口痛
- 呼吸急促

与谁联系

如您对恢复有任何问题或疑虑、请致电以下号码之一：

- **周间上午 7 点至下午 5 点**：请致电 **206.598.3294**。听到录音后按 **2**。
- **下班后及周末、假日**：请致电 **206.598.6190**。请接线生传呼当值的骨科住院医生。如 **15 至 20 分钟**后您的医护人员还没于您联系、就请您再打一次、并告诉接线生您到现在、还没得到回电。

您有疑问吗？

我们很重视您的提问。有疑问或顾虑时、请联系您的医生、或医护人员。

**UW Medicine Sports
Medicine Center** 华大医学运动医学科：请电：
206.598.3294 再按 **2**。

After Your Orthopedic Surgery

Self-care at home

This handout gives instructions about your wound care, diet, and signs to watch for after you are home. Please talk with a member of your healthcare team if you have any questions.

Self-care at Home

Incision Care

- Keep your bandage and incision clean and dry.
- Your surgeon will tell you when you can remove your bandage. After you remove it, check your incision every day. Make sure that:
 - Wound edges are closed
 - There is no drainage, warmth, redness, or tenderness
- If you have any concerns about your incision, please call one of the numbers listed under “Who to Call” on page 2.

Diet

Eat a well-balanced diet. Include foods from all food groups: proteins, vegetables, fruits, and grains. Protein is very important in helping your wound heal. Good protein sources are:

- Meat, fish, poultry, dairy products, eggs
- Beans, lentils, tofu, peanuts, other legumes

Activity and Exercise

Please follow the directions your provider gave you about exercises and activities that you can do while recovering from surgery.

Pain Control

Please read the handout you received at your pre-surgery clinic visit about controlling your pain at home.

Follow-up Clinic Visit

You will have a follow-up clinic visit 7 to 14 days after your surgery.



At your follow-up visit, your surgeon will check your progress.

At your follow-up visit, your surgeon will:

- Check on your recovery
- Remove your staples or *sutures* (stitches)

Showering

- **After your staples or sutures are removed at your follow-up visit**, you may shower with your incision uncovered, unless your provider tells you otherwise.
- For **4 to 6 weeks** after your surgery, do **not** take a bath, sit in a hot tub, go swimming, or soak your incision in water, unless your provider tells you it is OK.

When to Call

Call your provider or clinic if you have:

- Fever higher than 101°F (38.3°C)
- Changes in your incision:
 - Opening
 - Drainage
 - Warmth, redness, or tenderness
- Numbness, tingling, or other problems in your surgical arm or leg
- Increased pain that is not eased by pain medicine
- Any symptom that causes you concern

Call 911 right away if you have:

- Chest pain
- Shortness of breath

Questions?

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

UW Medicine Sports Medicine Center: Call 206.598.DAWG (3294) and press 2.

Who to Call

If you have any questions or concerns about your recovery, call one of these numbers:

- **Weekdays from 7 a.m. to 5 p.m.:** Call 206.598.DAWG (3294). When you hear the recording, press 2.
- **After hours and on holidays and weekends:** Call 206.598.6190 and ask for the Orthopedic Resident on call to be paged. If you do not hear back from a provider within 15 to 20 minutes, please call again. Tell the operator that you have not yet received a call back.