

## 外固定手術

### 簡介

以金屬支架〈外固定器〉連接螺絲、鋼釘以固定骨骼，促進癒合。適用於骨折，骨骼延長等。

### 手術前的準備

- ◆ 身體檢查：例如驗血、配血、X光檢查、尿液分析、心電圖等
- ◆ 手術前需攝取充足的營養，多進食高蛋白及高卡路里食物以助促進傷口癒合
- ◆ 戒除吸煙、飲咖啡或飲酒習慣
- ◆ 需進行深呼吸及非患肢訓練運動以減少併發症的發生
- ◆ 手術前一晚要淋浴
- ◆ 或需進行放瀉
- ◆ 在指定時間禁食
- ◆ 須簽署手術同意書
- ◆ 麻醉科醫生會決定採納全身、區域或脊椎麻醉

### 護理和建議

- ◆ 外固定器必須保持完整及清潔，避免碰撞或牽拉支架，如有需要可選用寬鬆衣物，留意支架或螺絲有否鬆脫或移位。如有異樣，應及早求診

- ◆ 療程完畢，醫生會替病人把外固定器拆除。期間，請切勿自行調較外固定器
- ◆ 傷口及針口須保持清潔及乾爽，切勿弄濕
- ◆ 每天檢查及清潔針口，如有異樣，例如紅腫、針口附近皮膚發熱或異常滲液等，應及早通知醫護人員
- ◆ 患肢需以枕頭墊高或用手掛承托以避免腫脹，如發現患肢有異樣，例如患肢冰冷、皮膚變色如呈藍或紫色、活動能力或知覺減退、紅脹等，應及早求診
- ◆ 可按時服用止痛藥物
- ◆ 應攝取充足營養，並按物理治療師指導進行肢體運動以保持關節靈活，肌肉結實有力，促進康復

### 併發症

- ◆ 針口發炎
- ◆ 外固定器鬆脫

### 覆診

請依時覆診。祝君早日康復！

如有任何查詢，請聯絡主診醫生

以上資料由瑪麗醫院矯形及創傷外科提供




瑪麗醫院

Queen Mary Hospital

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## EXTERNAL FIXATION

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# EXTERNAL FIXATION

## Introduction

External Fixation is a method of immobilization of bones with the use of pins, wires and frame. It could be used in fracture management, limb lengthening etc.

## Preparation

- ◆ Body check e.g. blood testing, cross-matching, X-ray, urine testing, electro-cardiogram etc.
- ◆ Take nutritious diet, especially high in protein and carbohydrate if not contraindicated
- ◆ Quit smoking/drinking coffee/drinking alcohol
- ◆ Practice deep breathing and coughing exercises and non-affected limb exercises
- ◆ Pre-operative bath
- ◆ Pre-operative enema
- ◆ Stop eating/ drinking at the prescribed time
- ◆ A written consent is required
- ◆ The mode of anaesthesia will be

decided by the anesthesiologist, such as general, regional or spinal anaesthesia

## Care & Advice

- ◆ Keep the external fixator clean and complete. Avoid hitting or pulling the frame
- ◆ If necessary, wear loose clothing. Beware of any loosening or displacement of the pins/ wires/ frame
- ◆ When treatment is completed, the doctor will remove the external fixator for you. Meanwhile, **DO NOT ADJUST ANY PART OF THE EXTERNAL FIXATOR YOURSELF**
- ◆ Keep wound clean and dry. Clean and inspect pin sites everyday
- ◆ Seek medical advice promptly if there is any abnormality e.g. redness, tenderness, local increase in temperature or discharge
- ◆ Elevate the affected limb with pillow to prevent swelling
- ◆ Seek medical advice promptly if there is any abnormality e.g. coldness of the limb, discoloration such as bluish or purplish colour, impaired

mobility or sensation, swelling of the affected limb etc

- ◆ Take analgesics as prescribed
- ◆ Nutritious diet enhances rehabilitation
- ◆ Mobilize as instructed by physiotherapist to maintain joint mobility and muscle strength

## Complications

- ◆ Pin Sites Infection
- ◆ Pins/ Wires/ Frame Loosening/ Displacement

## Follow Up

Follow up as scheduled. Get Well Soon!

Should you have any queries, please consult your doctor-in-charge

Information provided by Department of Orthopaedics & Traumatology, Queen Mary Hospital