

帶著你的腰封回家

簡介

腰封用作矯形，保持正確姿勢，保護脊椎及肌肉，輔助活動及運動。常用的有硬性及軟性兩種，硬性取材自低溫塑料，而軟性則是布料製成。



軟性腰封



硬性腰封

如何配戴腰封

- ◆ 一般情況，即使是臥床休息及日常活動也需要配帶腰封。而配帶所需的時間，請依照醫生指引
- ◆ 首先穿著棉質內衣，保持衛生及防止皮膚過敏
- ◆ 腰封分為前幅及後幅
- ◆ 病人保持側臥，用腰位作為指標，把腰封的後幅固定
- ◆ 然後平臥，檢查後幅位置是否正確。若腰封過高，可能壓著腋下部位，若腰封過低，坐起時可能壓著臀部，以上兩種情況都可能引致不適或皮膚受損

- ◆ 確定位置後，蓋上前幅
- ◆ 先扣上中位魔術貼以穩定腰封位置，最後扣上下魔術貼
- ◆ 除去腰封時，要在臥姿進行。先除去前幅腰封。再側臥除去後幅腰封

護理和建議

- ◆ 配戴完畢，請覆檢腰封是否太鬆或太緊。太鬆會失效，太緊可能導致呼吸或飲食困難
- ◆ 每天檢查皮膚狀況，如有紅腫或痛楚，請向醫生或護士求助
- ◆ 腰封要保持清潔，需要時可用肥皂水去污，再用清水清洗，然後晾乾
- ◆ 如脊椎穩定，醫生可允許除去腰封沐浴。否則沐浴時仍須配戴著腰封。可用薄毛巾拖洗腰封內的身體部位。病人返回床上抹身時，仍須保持臥姿。腰封可除出晾乾，或用風筒吹乾
- ◆ 病人可選擇在床上抹身
- ◆ 由於腰封會壓著腹部，因此病人要少吃多餐，以免造成不適
- ◆ 緊記如期到指定門診覆診

不良影響

- ◆ 腰封物質令某些病人皮膚過敏
- ◆ 腰封配帶太鬆會失效，太緊可能導致皮膚受損

如有疑問請向醫生或護士查詢

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

帶著你的腰封回家

GOING HOME WITH YOUR CORSET

 瑪麗醫院 Queen Mary Hospital	Pamphlet Topic & Department Code
Ownership	QMH/Orthopaedics & Traumatology-7
Last review/revision	Aug 2024
Approval	HKWC Information Pamphlet Working Group
Distribution	As requested

GOING HOME WITH YOUR CORSET

Introduction

Corset can correct or prevent deformity, maintain posture, provide support to spine and muscle and facilitate mobility and exercise. There are two common types of corset namely hard corset and soft corset. The hard corset is made of low temperature thermoplastic and the soft corset is made of cotton.



Soft corset



Hard corset

How to wear the corset?

- ◆ In general, you have to wear the corset all the time including bed rest. The duration of application depends on individual condition
- ◆ Wear cotton underwear T-shirt to maintain personal hygiene and prevent skin allergy
- ◆ The corset is divided into front part and back part. Put on the corset while you are lying on bed

- ◆ While you are lying sideways, put on the back part of the corset using the waist area as landmark
- ◆ Then you have to lie on your back and adjust the corset to a comfortable position. Too high a corset may hurt the armpit area. Too low a corset may induce pressure to the pelvic region when sitting up. Both of which will cause discomfort and skin damage
- ◆ After ensuring correct position, put on the front part
- ◆ Tighten the middle velcro strap first to stabilize the corset, then tighten the others
- ◆ The corset should be taken off with the patient lying down. Release the velcro strap and remove the front part of the corset. Then turn sideways and remove the back part of the corset

Care & Advice

- ◆ Check the corset to see if it is too loose or too tight. Too loose a corset does not serve the purpose and a corset too tight may cause discomfort and difficulty in breathing or eating
- ◆ Check the skin condition daily and if there is swollen, red or painful area, please contact the doctor or nurse for advice
- ◆ The corset should be kept clean. Clean the corset with soapy water and dry it
- ◆ Depending on the stability of your spine, with the approval of the medical or nursing staff, you may be allowed to take the corset off for bathing

- ◆ If it is necessary to keep the corset on at all times, you may go to shower with your corset on. Clean the area underneath the corset with a thin towel. Rest in bed after shower as the corset takes time to dry. Remove the corset and hang dry or dry with hair dryer
- ◆ Alternatively, you may choose to use body wash or wipe while lying on bed
- ◆ As the corset is pressing on the abdomen, frequent small meals will be more comfortable
- ◆ Remember the follow-up schedule

Adverse Effect

- ◆ Some patients may develop skin irritation due to allergy to the material of the corset
- ◆ Too tight a corset may cause skin damage and too loose a corset may lose its function

Should there be any doubt, consult your doctor or nurse

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