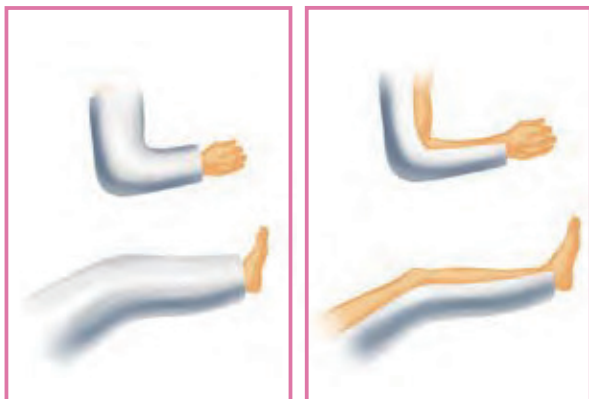


## 帶著你的石膏回家

### 簡介

石膏的應用包括矯形、防止患肢變形、固定及保護患肢、有助癒合及支撐體重。常用的兩種是全肢及半托形。經醫生評估後，石膏技師會為病人度身做石膏承托患肢。配戴所需的時間因病例而異。



全肢石膏

半托形石膏

### 護理和建議

- ◆請留意患肢的血液循環，可與另外一肢作比較，如有以下徵狀，請即回院見醫生：
  - 疼痛
  - 患肢顏色呈藍或紫色
  - 皮膚溫度變凍
  - 活動能力減退

- 知覺減退
- 出現腫脹：如有輕微腫脹情況出現，可乘高患肢，輕力活動指節，以促進血液循環
- 石膏底部發出臭味或分泌物

- ◆請留意石膏是否合身
- ◆切勿把物品塞進石膏模內
- ◆請留意皮膚有無過敏或損傷，尤其是石膏邊沿
- ◆多運動其他肢體，可以防止關節硬化或肌肉萎縮
- ◆由於濕石膏會變形，洗澡時，請用膠袋套著患肢。如只是輕微弄濕，可用風筒冷風吹乾。如石膏太濕，請即回院更換新石膏
- ◆如醫生同意，可除去石膏進行清潔及護理，同時檢查皮膚狀況。若皮膚乾燥，可塗上潤膚露
- ◆緊記如期到門診覆診

### 不良的影響

- ◆石膏配戴太緊，可導致血液循環不良及使皮膚損傷
- ◆如患肢缺乏運動，關節會硬化或肌肉萎縮

如有疑問請向矯形及創傷外科醫生或護士查詢




瑪麗醫院

Queen Mary Hospital

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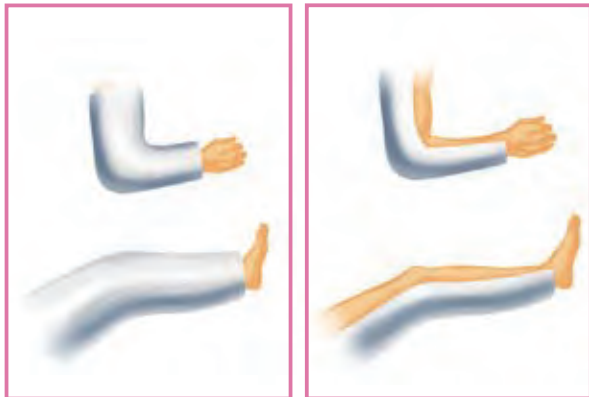
GOING HOME WITH  
YOUR PLASTER

 瑪麗醫院 Queen Mary Hospital	Pamphlet Topic & Department Code
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## GOING HOME WITH YOUR PLASTER

### Introduction

Plaster can correct or prevent deformity, immobilize and provide support to extremity, promote bone healing and weight bearing. After assessment, a complete plaster (cylinder) or partial plaster (backslab) will be tailor made according to individual disease condition. Duration of wearing the plaster varies with different conditions.



Complete plaster:  
e.g. cylinder

Partial plaster:  
e.g. backslab

### Care & Advice

- ◆ Observe the blood circulation of the extremity and compare with the opposite

extremity. If the following signs and symptoms are observed, please return to Queen Mary Hospital and consult your doctor immediately:

- pain
  - bluish discoloration
  - cool skin temperature
  - impaired mobility
  - impaired sensation
  - swelling: If there is mild swelling of the extremity, you may elevate it and mobilize the digits to promote the circulation
  - discharge or foul smell from inner surface of the plaster
- ◆ Check whether the plaster is too tight or too loose
  - ◆ Don't put any object inside the plaster
  - ◆ Pay attention to the skin condition of the extremity and note allergy or abrasion, especially at the edges of the plaster
  - ◆ Mobilize other parts of the extremity to prevent joint stiffness or muscle wasting
  - ◆ Avoid wetting the plaster during bathing by covering the plaster with a plastic bag for it may cause distortion of the plaster. If it is partially wet, dry the plaster with cold air by hairdryer (fan only mode). If the plaster is too wet, please return to hospital to change a new one

- ◆ If your doctor allows you to take off the plaster for dressing, you can observe the skin condition and the wound simultaneously
- ◆ If the skin is dry, apply skin lotion after cleansing
- ◆ Remember the follow up schedule

### Adverse Effects

- ◆ If the plaster is too tight, it will compromise the circulation of the injured extremity or induce skin damage, especially when the extremity swells up
- ◆ If the extremity is immobilized in the plaster for too long, the injured extremity may have joint stiffness or muscle wasting. You can exercise your injured extremity regularly as instructed to avoid these complications

***Should there be any doubt, consult the doctor or nurse of the Department of Orthopaedics & Traumatology of Queen Mary Hospital***