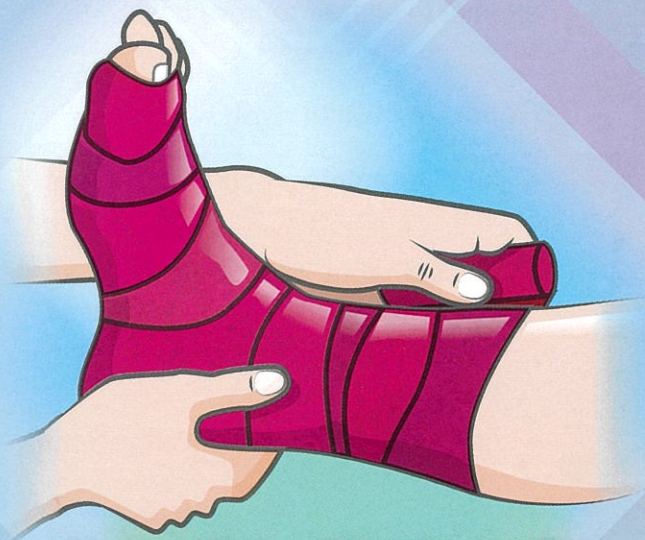




屯門醫院

兒童及青少年科



輕樹脂石膏 護理需知

鳴謝 Acknowledgement

新界西醫院聯網
New Territories West Cluster

病人啟力基金
Patient Empowerment Programme



未完全乾透時

- 1 勿以輕樹脂石膏敲撞硬物，應以柔軟物料(例如枕頭)平均承托。
- 2 不要活動濕輕樹脂石膏裡的關節。
- 3 不要用未乾透的輕樹脂石膏行走及承托身體重量。
- 4 在陰涼地方讓輕樹脂石膏乾透，需時約十五至三十分鐘。
- 5 避免接觸熱源。



已完全乾透時

- 1 不要將輕樹脂石膏弄濕，若洗澡時，可用膠袋暫時包裹。
- 2 不要將硬物伸進輕樹脂石膏內搔抓。
- 3 不要將清潔液及消毒水倒進輕樹脂石膏內，表面污漬可以用濕布抹拭。
- 4 如無附加膠腳踏，勿以輕樹脂石膏觸地行走，並須由物理治療師教導用拐杖或助行器走路。
- 5 輕樹脂石膏之粗糙邊緣，可以用指甲挫或砂紙稍作打磨。
- 6 若輕樹脂石膏內外不小心被水沾濕，可用電風筒用冷風慢慢吹乾。



盡可能把傷肢提高於心臟水平，以助血液回流，預防或減少傷肢腫脹。



遵照醫生及物理治療師的指示進行運動，以保持四肢活動，促進血液循環，減少腫脹，有助骨折復原。




按時覆診，切勿自行更改或拆除輕樹脂石膏。



如有下列情況出現，應立刻通知醫護人員或回院診治：

- 1 輕樹脂石膏內的部位出現劇烈及持久之痛楚。
- 2 傷肢遠端手指或腳趾感覺針刺或麻痺，或失去活動能力，或腫脹、轉藍或蒼白。
- 3 輕樹脂石膏內有臭味及有膿液、血水滲出。
- 4 輕樹脂石膏太緊、太鬆或破裂。

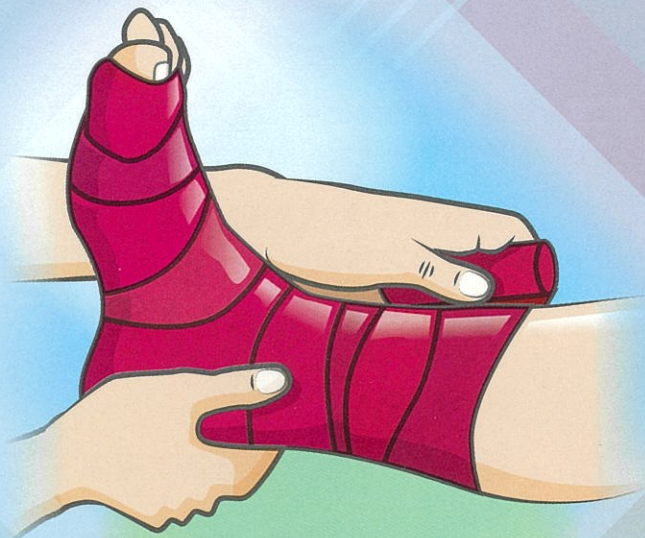


資料由： 屯門醫院矯形及創傷科 提供

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Tuen Mun Hospital

The Department of Paediatrics
and Adolescent Medicine



Advice on Synthetic Cast Care

鳴謝 Acknowledgement

新界西醫院聯網
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A Before drying up of cast:

- 1 Avoid knocking cast against hard surface. Support cast with soft material e.g. pillow.
- 2 Do not move joint underneath the cast.
- 3 No weight bearing until cast is dry and hard.
- 4 Allow 15-30 minutes for cast to dry up in a well-ventilated environment.
- 5 Keep cast away from heat.



B After drying up of cast:

- 1 Prevent cast from getting wet. Cover cast with a plastic bag when taking a bath.
- 2 Do not use any device to scratch itchy skin underneath the cast.
- 3 Avoid placing any detergent or disinfectant into the cast. Wipe soiled surface with a damp cloth.
- 4 Never walk on cast without walking heel. Follow instruction on walking aid from physiotherapist.
- 5 Rough edge of cast can be trimmed by nail file or sandpaper.
- 6 Dry with a hair dryer on cool setting if cast gets wet.

C Elevate affected limb at heart level to facilitate blood circulation and reduce swelling.

D Perform exercise according to instruction of physician and physiotherapist to prevent joint stiffness and swelling, and to promote healing.

E Follow up as scheduled. Never attempt to alter or remove cast.

F Report immediately if:

- 1 there is increased and persistent pain.
- 2 affected area develop tingling or numbness sensation, decreased movement, become swollen, blue or pale.
- 3 there is foul smell or discharge from cast.
- 4 cast become too tight, too loose or cracked.



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