

# 骨折

## Bone Fractures

A fracture is also called a broken bone. A broken bone is often caused by a fall, an injury or an accident. You may need an x-ray to see if you have a broken bone. After your bone(s) are put back in place, you may have a cast or splint to keep the injured bone(s) from moving. If you have a bad break and other injuries, you may need to have surgery and stay in the hospital. Most bones heal in 6 to 8 weeks.

### Signs of fractures

The area near the broken bone may:

- Hurt
- Feel weak
- Feel numb or tingle
- Be swollen or bruised
- Bleed if the skin is broken
- Look bent if the bones are out of place
- Be hard to move

### Your care

- Keep the injured area raised above your heart as much as possible to reduce swelling. Use pillows to raise your injured hand or foot above the level of your heart.
- Use ice to lessen pain and swelling for the next 1 to 2 days. Put the bag of ice on the cast or splint over the injury for 15 to 20 minutes every hour.
- Take your medicines as directed.

骨折也称为断骨。断骨通常是因跌倒、受伤或意外导致。您可能需要照X光片以检查您是否发生断骨。在骨骼复位后，您可能需要使用石膏或夹板来避免受伤的骨骼移位。如果您的骨折情况严重且存在其他伤情，您可能需要进行手术并住院。大多数骨骼痊愈需要6到8周。

### 骨折的症状

断骨部位附近的区域可能：

- 疼痛
- 无力
- 感觉麻木或刺痛
- 肿胀或有瘀血
- 皮肤破损时有出血
- 如果骨骼错位，将呈弯曲状
- 活动困难

### 治疗

- 使受伤区域尽可能保持在高于心脏的位置，以减轻肿胀。用枕头将受伤的手或脚垫高到心脏以上的位置。
- 在接下来的1到2天，用冰块减轻疼痛和肿胀。将冰袋放置在与受伤部位对应的石膏或夹板上，每小时保持15至20分钟。
- 遵医嘱服药。

### If you have a cast:

- Check the skin around the cast every day. Call your doctor if you have red or sore spots.
- Put lotion on dry areas.
- Do not use lotion or powders if you have blisters or stitches on your skin under the cast.
- Use a hair dryer daily, set on cool. This keeps your cast dry, comfortable and helps relieve itching.
- Call your doctor if your cast fits loosely. The cast can slide around causing skin irritation.
- Exercise your fingers or toes. This improves blood flow and helps healing.
- Use a nail file to file rough edges on your cast.
- **Do not** scratch the skin under your cast with sharp or pointed objects.
- **Do not** put pressure on any part of your cast or splint as it may break.
- Keep your cast or splint dry by putting a plastic bag over it when bathing.
- Use a hair dryer if your cast gets wet.
- Call your doctor or clinic to schedule an appointment to get your cast removed after the bone has healed.

### 如果您使用石膏:

- 每天检查石膏周围的皮肤。如果发红或出现痛点, 请联系医生。
- 在干燥部位涂抹乳液。
- 如果石膏下的皮肤有水疱或缝合, 不要使用乳液或粉末。
- 每天用设定为冷风的电吹风吹石膏。这样可保持石膏干燥, 使您感到舒适并有助于缓解发痒。
- 如果石膏松动, 请联系医生。石膏可能滑动, 导致皮肤刺激。
- 练习手指或脚趾。这样可改善血流, 并有助于康复。
- 用指甲锉将石膏的毛边磨平。
- **不要**用锐利或尖利物抓挠石膏下的皮肤。
- **不要**对石膏或夹板的任何部位施压, 否则可能破裂。
- 沐浴时用塑料袋包裹石膏或夹板, 使其保持干燥。
- 如果石膏弄湿, 用电吹风吹干。
- 当骨骼痊愈后, 联系医生或诊所安排预约, 以拆除石膏。

**Call your doctor right away if:**

- You have trouble breathing, chest pain or confusion.
- You have pain that does not go away.
- Your skin or nails of the injured hand or foot are blue, gray, cold or numb.
- Your cast gets damaged or breaks.
- You have new stains or an odor coming from under the cast.
- You have swelling that makes your cast feel too tight.

**Talk to your doctor or nurse if you have any questions or concerns.**

**如果发生以下情况，请立即联系医生：**

- 您出现呼吸困难、胸痛或意识模糊。
- 您出现持久的疼痛。
- 您受伤手或脚上的皮肤或指甲发蓝、变灰、发冷或麻木。
- 您的石膏损坏或破裂。
- 您的石膏下方出现新的污迹或散发出气味。
- 您的肿胀使石膏感觉到过紧。

**如果有任何疑问或担心，请咨询医生或护士。**