

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.

骨折也稱為骨斷裂。骨折經常是由於跌倒、受傷或意外事故而引起。您可能需要照X光以便檢查您是否有骨折。在您的骨頭被置於原位之後，您可能要戴石膏模或夾板以固定受傷的骨頭。如果骨折嚴重並有其他受傷，您可能需要做手術並住院。大多數骨頭會在6-8週後痊癒。

骨折症狀

骨折部位週圍可能會：

- 疼痛
- 感覺虛弱
- 感覺麻木或刺痛
- 腫脹或淤青
- 皮膚破損時會流血
- 如果骨頭錯位，則呈彎曲狀
- 行動困難

醫療護理

- 儘可能將受傷部位抬升高過心臟的位置，以減輕腫脹。用枕頭將受傷的手或腳抬升至超過心臟的高度。
- 接下來1-2天用冰減輕疼痛和腫脹。每一小時將冰袋置於受傷處的石膏模或夾板上15-20分鐘。
- 按醫囑服藥。

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.

如果您戴石膏模:

- 每天檢查石膏模週圍的皮膚。如有發紅部位或痛處，請打電話給您的醫生。
- 給乾燥處塗潤膚液。
- 石膏模下的皮膚上如有水泡或縫線，請不要用潤膚液或塗粉。
- 每日使用吹髮機，設定為冷風。這可保持石膏模乾爽、舒服並有助於減輕瘙癢。
- 如果您的石膏模鬆動，請打電話給您的醫生。石膏模滑動可引起皮膚刺激。
- 鍛煉您的手指或腳趾。這樣做可促進血液循環，有助痊癒。
- 用一把指甲銼將石膏模的任何粗糙邊緣磨平。
- **不要**用任何尖銳物體在石膏模之下刮擦皮膚。
- **不要**對石膏模或夾板的任何部份施加壓力，因為石膏模或夾板可能會破裂。
- 您洗浴時，請用塑膠袋包裹石膏模或夾板，使其保持乾爽。
- 如果您的石膏模濕了，用吹髮機吹乾。
- 在骨頭痊癒之後，給您的醫生或診所打電話預約時間拆除石膏模。

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.**如有下列症狀，請立刻打電話給您的醫生：**

- 呼吸困難、胸痛或意識錯亂。
- 疼痛一直不消失。
- 您受傷手指或腳趾的皮膚或指甲呈藍色、灰色、發冷或麻木。
- 您的石膏模遭損壞或破裂。
- 石膏模下出現新的沾污或傳出怪味。
- 您的腫脹使石膏模感覺太緊。

如果您有任何疑問或擔憂，請告知您的醫生或護士。