

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 a fracture

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至高過心臟的位置，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。
- 遵照醫囑服藥。

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，請致電您的醫生。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，因為它可能會破裂。
- 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，致電醫生或診所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

Talk to your doctor or nurse if you have any questions or concerns.**如有以下狀況，立刻聯絡醫師：**

- 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。

若您有任何疑問或擔憂，請諮詢您的醫生或護士

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