

# 石膏护理

## Cast Care

A cast keeps an injured bone from moving, so there is less pain and the bone heals better. When a cast is put on, a sock-like material is put over your injured leg or arm. Then a soft cotton material is wrapped to cushion your skin. Wet fiberglass or plaster cast material is then put on. It will begin to feel warm as it is put on. The material will harden and set in 5 to 10 minutes. The staff will tell you when and how you can walk on your leg or use the arm with the cast.

石膏可使受伤的骨骼避免移位，从而减轻疼痛，并改善骨骼痊愈效果。打石膏时，受伤的腿或手臂上会戴上类似于袜子的材料。随后会包裹一层柔软的棉质材料，为皮肤提供缓冲。随后会打上湿润的玻璃纤维或石膏。覆上时会感觉温暖。材料会在5至10分钟内逐渐变硬成型。工作人员会告诉您何时以及如何能用带石膏的腿行走或使用带石膏的手。

### General care

- Do not pull out the padding inside your cast.
- Do not break off rough edges or trim without checking with your doctor first.
- Check your skin each day for redness or raw areas. If you have either, call your doctor.
- Check your cast each day for cracked or soft spots. If you have either, call your doctor.

### Bathing

- Avoid getting your cast wet. The cotton under the cast is very hard to get dry. If it gets wet, it can cause skin problems.
- When you bathe, keep the cast out of the water. Put a plastic bag over your cast to keep it dry. Seal the open end of the bag around your arm or leg with tape to keep it as dry as possible.

### 一般护理

- 不要将石膏内的垫料拉出。
- 未经医生确认，不要折断毛边或进行修剪。
- 每天查看皮肤是否发红或裸露。如发生任何一种情况，请联系医生。
- 每天查看石膏是否破裂或出现软点。如发生任何一种情况，请联系医生。

### 沐浴

- 避免将石膏弄湿。石膏内的棉质层很难吹干。如果弄湿，可能导致皮肤问题。
- 沐浴时，避免使石膏沾水。在石膏上包裹塑料袋，使其保持干燥。用胶带将手臂或腿上的塑料袋开口封住，使其尽量保持干燥。

- If your cast gets wet, use a hair dryer on low setting to dry your cast. Do not hold the dryer in one spot too long or it might burn your skin. It may take up to 2 hours to dry.
- 如果石膏弄湿，将电吹风设定在低档，吹干石膏。不要使电吹风在同一个位置停留太久，否则可能烫伤皮肤。干燥可能最多需要2小时。

## Movement or activity

- Do not rest your cast against hard surfaces for longer than 30 minutes. The pressure on your skin under the cast could cause your skin to breakdown.
- Raise your injured leg or arm above the height of your heart as much as possible. This will help to ease swelling and pain in the first few days.
- Exercise your toes or fingers. This helps with circulation, healing and helps to limit swelling.

## Skin care

- Do not scratch under the cast with any sharp object. This may cause skin damage.
- Keep dirt, sand or powder away from the inside of the cast.
- Use a large sock or mitten as a toe or hand warmer.
- Use a nail file to smooth any rough edges on your cast.
- Use a fan or hair dryer each day, set on cool, to keep your cast dry and help relieve itching.

## 动作或活动

- 不要将石膏放置在硬质表面超过30分钟。对石膏内皮肤的压力可能导致皮肤破裂。
- 使受伤的腿或手臂尽可能保持在高于心脏的位置。这有助于在最初的几天减轻肿胀和疼痛。
- 锻炼脚趾或手指。这有助于血液循环，促进痊愈并帮助抑制肿胀。

## 皮肤护理

- 不要用任何锐利物品在石膏内抓挠。可能导致皮肤破损。
- 避免尘土、沙粒或粉末进入石膏内。
- 用宽松的袜子或连指手套为脚趾或手保暖。
- 用指甲锉将石膏的毛边磨平。
- 每天用设定为冷风的风扇或电吹风吹石膏，使石膏保持干燥并帮助缓解发痒。

## Call your doctor right away if:

- Numb, tingling, cold or blue toes or fingers
- Loss of movement of the toes or fingers
- Increased pain
- Burning or stinging
- Swelling that makes your cast feel tight or a lot of swelling below your cast
- A loose cast or if it slides around, gets damaged, breaks or any other problems with your cast

## Removing the cast

Your cast will be removed with a special saw. You will only feel some vibrating and pressure from the movement of the saw.

**Never** try to remove your cast yourself.

Your injured leg or arm will look smaller after the cast is removed. Your skin will also be dry and flaky. Use lotion or bath oil to soften and remove dead skin. The staff will tell you what activities you can do to strengthen your muscles.

**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：

- 脚趾或手指麻木、刺痛、发冷或发蓝
- 脚趾或手指无法活动
- 疼痛加剧
- 有烧灼感或刺痛感
- 肿胀导致石膏过紧，或者石膏内肿胀过多
- 石膏松动或滑动、损坏、破裂或出现任何问题

## 拆除石膏

石膏需要用专用的锯子拆除。在锯子活动的过程中，您只会感觉到些许震动和压力。

切勿尝试自行拆除石膏。

石膏拆除后，受伤的腿或手臂会看起来变小。皮肤也会干燥且起皮。用乳液或沐浴露缓和并清除死皮。工作人员会告诉您可通过哪些活动来锻炼肌肉。

**如果有任何疑问或担心，请咨询医生或护士。**