

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, but it can take a day or 2 for the cast to fully dry.

The staff will tell you when and how you can walk on your leg or use the arm with the cast.

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.

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。材料在 5 到 10 分钟内就会硬化定型，但可能需要一两天的时间才能完全干燥。

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。

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 or cool 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.

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.

- 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。

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

Contact your doctor right away if you have:

- Numbness, more pain, tingling, more swelling, temperature or color changes in the injured arm or leg that does not improve with position changes or raising the arm or leg above the level of your heart
- Burning or stinging under the cast
- An odor or drainage coming under or through the cast
- Cast is too tight, too loose, cracked or broken

联系医生

如果出现以下情况，请立即致电医生：

- 受伤的手臂或腿部出现麻木、疼痛加剧、刺痛、肿胀加重、体温或皮肤颜色变化，这些变化不会随着姿势变化、手臂或腿部抬高到心脏以上而改善
- 石膏下有烧灼感或刺痛感
- 石膏下有异味或发现渗液
- 石膏过紧、过松、破裂或损坏