

# 石膏模護理

## 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.

### 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.

石膏模固定受傷的骨頭，可減少疼痛並使骨頭更好地痊癒。打石膏模時，受傷的腿部或臂部要裹上一層像襪子一樣的布料，然後裹一層軟棉質材料，為皮膚提供緩衝。接著敷上濕玻璃纖維或石膏材料。打上石膏時會開始覺得很熱。材料會在5-10分鐘後變硬並凝固。醫護人員將告知您何時以及如何用戴石膏模的腿走路或使用戴石膏模的手臂。

### 一般護理

- 切勿拿出石膏模內的襯墊物。
- 未徵求醫生意見之前，切勿擅自敲掉粗糙的邊緣或進行修剪。
- 每天檢查皮膚是否有紅腫或破皮。若有皮膚紅腫或破皮，請打電話給醫生。
- 每天檢查石膏模是否有裂縫或變軟的部位，若有則打電話給醫生。

### 洗浴

- 避免弄濕石膏模。石膏模下面的棉質層很難吹乾。如果將它弄濕，可能會引起皮膚病。
- 洗澡時不要讓石膏模接觸水。在您的石膏模上裹一個塑膠袋以保持乾爽。用膠帶將裹在您手臂或腿部的塑膠袋開口處封好，儘可能保持乾爽。

- 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.

## 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.

- 如果您的石膏模濕了，將吹風機設定為低溫將石膏模吹乾。不要將吹風機對準一個部位太長時間，否則可能會灼傷您的皮膚。將其吹乾可能要花2個小時。

## 移動或活動

- 不要將石膏模靠在硬層表面超過30分鐘。石膏模下的皮膚壓力可引起皮膚破損。
- 儘可能將受傷的腿或手臂抬至高於心臟的位置。這將有助於減輕最初幾天的腫脹和疼痛。
- 鍛煉您的足趾或手指。這樣做可促進血液循環，有助痊癒並限制腫脹。

## 皮膚護理

- 不要用任何尖銳物體在石膏模之下刮擦。這可能造成皮膚受損。
- 防止灰塵、沙土或粉末進入石膏模內。
- 用寬鬆襪子或手套保持腳趾或手指暖和。
- 用指甲銼將石膏模的任何粗糙邊緣磨平。
- 每天使用風扇或吹風機，設定為冷風，保持石膏模乾爽並有助於減輕瘙癢。

## 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.**

## 如有下列症狀，請立刻打電話給您的醫生：

- 腳趾或手指麻木、刺痛、發冷或發藍
- 腳趾或手指無法活動
- 疼痛加劇
- 有燒灼感或刺痛感
- 發生腫脹，導致石膏模過緊；或石膏模下腫脹嚴重
- 石膏模鬆動或滑動、遭損壞、破裂或石膏模的任何其他問題

## 除去石膏模

石膏模需要用專用鋸子拆除。您只會感覺到鋸子移動的振動和壓力。**切勿**試圖自己除去石膏模。

您受傷的腿或手臂在拆除石膏模之後將會顯得小一些。您的皮膚也會發乾起皮。使用潤膚液或沐浴油軟化及除去死皮。醫護人員將會告知您能做哪些活動以強化肌肉。

**如果您有任何疑問或擔憂，請告知您的醫生或護士。**