

骨科术后须知

General Instructions After Orthopaedic Surgery (Chinese)

重要联系信息: Important contact information:

- 如有任何问题，上班时间（周一至周五上午 8 点至下午 4 点）请致电呼叫中心 **(734) 936-6267**，要求与您的医生诊所联系。
- For any questions during business hours (8:00 AM - 4:00 PM on Monday through Friday), call the call center at **(734) 936-6267** and ask to connect with your doctor's clinic.
- 如果下班时间、周末或节假日有紧急需求，请致电医院传呼服务电话**(734) 936-4000**，要求联系值班的骨科住院医师。
- If you have urgent needs after hours or on weekends or holidays, call the hospital paging service at **(734) 936-4000** and ask for the orthopaedic resident on call.
 - 如果您出院时带着止痛导管，而该设备无法正常运转，您需要致电医院传呼服务电话，要求联系值班的麻醉科住院医师。
 - If you were discharged from the hospital with a pain catheter and the device isn't working properly, you should call the hospital paging service and ask for the anesthesia resident on call.
- 其他任何与骨科手术无关的医疗问题，请联系您的初级医疗保健提供者 (PCP) 。

- Contact your primary care provider (PCP) for any other medical issues that aren't related to your orthopaedic surgery.

我应该什么时候就医？ When should I seek medical care?

如果您有以下任何症状，请致电呼叫中心(734)936-6267 或前往急诊（密西根大学或离您最近的急诊部）寻求医疗建议：

Please seek medical advice by calling the call center at (734) 936-6267 or going to the emergency department (either at the University of Michigan or the closest emergency department to you) if you have any of these symptoms:

- 体温持续 24 小时高于 101.5 华氏度
- Temperature higher than 101.5° F for 24 hours
- 小腿疼痛 Calf (lower leg) pain
- 寒战 Chills
- 疼痛加剧，止痛处方药无法控制
- Increased pain that is not controlled by your prescribed pain medication
- 手术部位发红、肿胀或流出液体（渗液）
- Redness, swelling, or drainage (leaking fluid) from your surgical site
- 血液循环（血液在全身流动的方式）发生变化的迹象，如脚趾或手指发蓝或发白
- Signs of changes in circulation (the way your blood moves throughout your body), like blue or white toes or fingers

如果对自己的整体健康状况有任何疑问，请立即在当地的急诊部或快捷紧急诊所寻求医疗帮助。

If you have any concerns for your overall health, please get immediate medical help at your local emergency department or urgent care.

如果您有以下任何症状，请拨打 911：

Call 911 if you have any of these symptoms:

- 胸痛越来越严重
- Chest pain that is getting worse
- 气短
- Shortness of breath
- 可立即危及生命的其他问题
- Other issues that may be immediately life-threatening

手术后的活动指导原则有哪些？

What are my activity guidelines after surgery?

您的医疗保健提供者会告诉您骨科手术后应遵循以下哪些指导原则：

Your provider will tell you which of the following guidelines you should follow after your orthopaedic surgery:

- 不负重：** 在外科医生表示没问题之前，不要让**手术肢体**（接受手术的身体部位）负重。
- Non-weightbearing:** Do not put weight on your **operative extremity** (the body part that had surgery) until your surgeon says it's okay.
- 可耐受的负重：** 您可以在手术肢体上施加您感到舒适的重量。
- Weight bear as tolerated:** You may put as much weight as you're comfortable with on your operative extremity.

- 轻度活动:** 您可以使用手术肢体进行轻度活动, 例如进食或饮水、穿衣或保持卫生。
- Light activity:** You may use your operative extremity for light activity such as eating or drinking, dressing, or hygiene.
- 尽可能保持手术肢体提高 (抬高) 到心脏水平以上, 以帮助缓解肿胀。
- Keep your operative extremity elevated (raised) above your heart level as much as possible to help with swelling.
- 护具或夹板:** 如果您戴着护具、夹板或石膏, 则应该一直戴着 (或遵循出院前外科医生给您的指示) 。任何时候都不要弄湿夹板或石膏。如果夹板或石膏弄湿, 请在正常上班时间 (周一至周五上午 8 点至下午 4 点) 联系您的外科医生诊所。
- Bracing or splinting:** If you were placed in a brace, splint, or cast, you should keep this on at all times (or follow the instructions your surgeon gave you before you left the hospital). Please do not get your splint or cast wet at any time. If the splint or cast gets wet, please contact your surgeon's clinic during normal business hours (Monday through Friday, 8:00 AM - 4:00 PM).

如何护理我的伤口 (手术时做的切口) ?

How do I care for my incision (the cut that was made during surgery)?

您的医疗保健提供者会告诉您在骨科手术后应遵循以下哪些切口护理指导原则:

Your provider will tell you which of the following incision care instructions you should follow after your orthopaedic surgery:

- **覆盖敷料:** 持续贴着**手术敷料** (切口上的绷带) , 直到复诊。不要弄湿敷料。淋浴时要盖好。
- **Dressing on:** Keep your **surgical dressing** (the bandage over your incision) on until your follow-up appointment. Do not get it wet. Keep it covered when you shower.
- **移除敷料:** 在 ___ 天后取下手术敷料 (您的医疗保健提供者会告诉您需要等多少天后才能取下敷料) 。取下后, 可以不遮盖伤口, 但避免将其浸入水中 (例如浴缸或泳池) 。可以让淋浴的水流过伤口。
- **Dressing off:** Remove your surgical dressing after ____ days (your provider will tell you how many days to wait before removing your dressing). After this, you may leave the incision uncovered, but avoid submerging it under water (such as tubs or pools). You may let water from the shower rinse over the incision.

手术后我应该服用哪些药物?

What medications should I take after my surgery?

- 已安排您使用一种药物来帮助预防血栓。手术后第一天开始服用此药物。按处方服用这个药物, 直到您的外科医生告诉您停止服用。
- You have been placed on a medication to help prevent blood clots. Start taking this medication the first day after your surgery. Take this medication as prescribed until your surgeon tells you to stop taking it.
- 为了帮助疼痛管理, 我们的建议如下:
- To help with pain management, we recommend the following:

- 手术后至少 2 周内，每 8 小时服用 1000 毫克对乙酰氨基酚（泰诺®）。
24 小时内不要服用超过 3000 毫克。
- Take 1000 mg of acetaminophen (Tylenol®) every 8 hours for at least 2 weeks after surgery. Do not take more than 3000 mg in a 24-hour period.
- 如果您的医疗保健提供者认为没问题，您可以服用非甾体抗炎药（NSAID），例如布洛芬（Motrin® 或 Advil®）。将非甾体抗炎药（NSAIDs）与对乙酰氨基酚（acetaminophen）错开时间服用可能会有所帮助（例如，在 8 小时剂量之间的某个时间服用）。不要服用超过药瓶上建议的剂量。
- If your provider says it's okay, you may take non-steroidal anti-inflammatory drugs (NSAIDs), such as ibuprofen (Motrin® or Advil®). It may help to take NSAIDs on a different schedule than you take your acetaminophen (for example, sometime between your 8-hour doses). Do not take more than the recommended dose on the medication bottle.
- 如果医生开具了阿片类药物来进一步缓解疼痛，请根据需要遵医嘱服用。一旦可以，尽快停止服用这种止痛药。在停止服用对乙酰氨基酚之前，您应该先停止服用阿片类药物。
- If you were prescribed an opioid medication for more pain management, take it as needed and as prescribed. Stop taking this pain medication as soon as you are able. You should stop taking the opioid medication before you stop taking your acetaminophen.

- 如果您接受了单次神经阻滞注射以缓解疼痛，这种效果可能会持续 4-24 小时。这意味着在这段时间内，您的手术肢体可能会有麻木（感觉缺失）或刺痛感，且无法活动。随着阻滞效果开始消退，您会开始感到疼痛。您要为此做好准备，在阻滞效果消失之前开始服用止痛药，也就是在回家后 2-4 小时服用第一剂处方止痛药。服用止痛药直到阻滞效果消失，之后只在需要时服用。
- If you received a single shot nerve block for pain relief, this may last between 4-24 hours. This means you may have numbness (lack of feeling) or tingling and lack of movement in your operative extremity for that amount of time. You will start to feel pain as the block begins to wear off. Prepare for this and start your pain medication before the block wears off by taking your first dose of the prescribed pain medications 2-4 hours after getting home. Take pain medications until the block wears off, then only as needed.
- 如果您接受了带有止痛导管（以便手术后有管道为您提供麻醉药物）的单次神经阻滞注射，通常急性疼痛服务团队会打电话询问您的情况。在最初的 24 小时内，按照规定的时间表服用阿片类药物和对乙酰氨基酚。之后，仅根据需要服用阿片类药物来缓解剧烈疼痛（即使止痛导管仍未拔除）。疼痛时继续服用对乙酰氨基酚。
- If you received a single shot nerve block with a pain catheter (so you have tubing in place to provide you with numbing medication after your surgery), the Acute Pain Service team will usually call to check in on you. Take the opioid medication and acetaminophen on a prescribed schedule for the first 24 hours. After that, only take the opioid medication as needed for severe pain (even though the

pain catheter is still in place). Continue taking acetaminophen while you have pain.

- **便秘** (排便次数少或排便困难) 在手术后很常见, 尤其是如果您正在服用阿片类药物。为了避免便秘, 每天多喝不含咖啡因的液体 (如水、果汁和牛奶)。您可以使用软便剂, 如 Colace® (多库酯钠 - 每天两次, 每次服用 100 毫克) 或温和的泻药, 如番泻叶、镁乳或聚乙二醇 (MiraLAX®)。所有这些都是非处方药 (您可以在没有处方的情况下从商店购买)。
- **Constipation** (having few or difficult bowel movements) is common after surgery, especially if you're taking an opioid medication. To avoid constipation, drink plenty of caffeine-free fluid every day (like water, juice, and milk). You may use a stool softener like Colace® (docusate sodium - take 100 mg twice per day) or a mild laxative such as senna, milk of magnesia, or polyethylene glycol (MiraLAX®). All of these are available over-the-counter (you can buy them from a store without a prescription).
 - 如果开始出现稀便或腹泻, 请停止使用这些药物。
 - Stop using these medications if you start having loose bowel movements or diarrhea.
 - 如果出现绞痛或胃痛, 您应该联系您的初级保健提供者 (PCP)。
 - If you have cramps or stomach pain, you should contact your primary care provider (PCP).
- 骨骼健康很重要。我们建议您在恢复期间服用以下补充剂:
- Bone health is important. We recommend the following supplements during your recovery period:
 - 维生素 C: 每天 500 毫克 Vitamin C: 500 mg daily

- 维生素 D3: 每天 5000 单位 Vitamin D3: 5000 units daily
- 钙: 每天 1000 毫克 Calcium: 1000 mg daily

免责声明: 本文件所包含的信息和/或教学材料是由密西根大学健康中心为与您病情类似的典型患者所撰写的。文中的链接可能连接到并非由密西根大学健康中心所创建的网络内容, 密西根大学健康中心对此内容不承担责任。本文件不可取代您的医疗保健提供者的医疗咨询, 因为您的情况可能和典型患者有所不同。

如果您对此文件、您的病情或治疗方案有任何疑问, 请与您的医疗保健提供者商谈。

Disclaimer: This document contains information and/or instructional materials developed by University of Michigan (U-M) Health for the typical patient with your condition. It may include links to online content that was not created by U-M Health and for which U-M Health does not assume responsibility. It does not replace medical advice from your health care provider because your experience may differ from that of the typical patient. Talk to your health care provider if you have any questions about this document, your condition or your treatment plan.

作者: Barrie Sugarman, MD, John (Phil) Tabb, MD, Miranda Rogers, MD

审稿人: Megan Killian, PhD

编辑: Brittany Batell, MPH MSW CHES®

Authors: Barrie Sugarman, MD, John (Phil) Tabb, MD, Miranda Rogers, MD

Reviewer: Megan Killian, PhD

Edited by: Brittany Batell, MPH MSW CHES®

翻译: 密西根医学部翻译服务

Translation: Michigan Medicine Interpreter Services

[密西根大学健康中心](#)病患教育是由 [Creative Commons Attribution-NonCommercial-ShareAlike 4.0](#)

[International Public License](#) 授权许可。最后修订日期 08/2024

Patient Education by [University of Michigan Health](#) is licensed under a [Creative Commons Attribution-NonCommercial-ShareAlike 4.0 International Public License](#). Last Revised 08/2024