



# 病人教材

门诊手术中心



# 手部手术后须知

## 手术后的护理

复诊：

骨科中心

东区专科中心

日期：\_\_\_\_\_

时间：\_\_\_\_\_

理疗：

日期：\_\_\_\_\_

时间：\_\_\_\_\_

如有下列症状请与医生联系：

- 体温超过华氏 101 度、发冷或冒汗。
- 伤口红肿、发烫或分泌物有异味。
- 不断的噁心/ 呕吐或发痒。

周间，办公时间请电：

206-598-4263。

晚间及周末可电：206-598-6190

请传呼接线生联系当值的手部外科医生。

## 手术后

- **疼痛**：手术后有些不适是正常的。止痛药一般不能完全消除疼痛，仅可将疼痛减少到可以忍受的程度、请按照配方服用止痛药。在您离开医院前会将止痛药为您配好。含麻醉剂的止痛药可能会导致便秘、恶心、及肤痒。
  - 在服用含麻醉性止痛药期间切勿驾车，因为它会使您昏睡。
  - 止痛药的数量应该可以维持到复诊那天。
  - 再补领药需在 48 小时前通知药房。
- **恶心**：避免在空腹时服用止痛药可减轻恶心。如恶心或呕吐持续数小时不止，请致电您的护士，或许我们需要更改您所服用的药物。
- **便秘**：多喝水，吃高纤维的食物、每隔数小时即起身走动。我们也会给您一种“软便”药。可以减轻便秘。
- **肤痒**：如有发痒的情况可服用 Benadryl 以减轻症状。如继续发痒或出现红疹，请即刻停用止痛药，并致电给您的护士，我们可能需要更改药物。
- **肿胀**：手术后的肿胀是正常的现象。
  - 将您的手提升高于心脏的部位。可用数个枕头将手垫高。如此可减轻疼痛及肿胀。
  - 服用医生所开抗炎症的药物（如 naproxen 或 ibuprofen）它会减轻肿胀。如您不能服用此药物、我们将不会为您开此种处方药。
  - 冰敷您的手或手臂也可以减轻肿胀。可以冰敷 20 分钟、休息 20 分钟如此轮换。因为在手部术后、您的手会发麻、即使是极冷的温度亦无感觉；因此需经常检查皮肤的温度避免太冷。

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## 您有问题吗？

请电骨科关节科：

206-598-4263 (手科)

您的疑问很重要，当有疑问或顾虑时。在办公时间请致电您的医生或医护人员。华大医院诊所的工作人员也可随时给您协助。

有关劳工局的疑问请电：

206-598-4263

有关药物、发炎的疑问请致手部诊所的护士：

206-598-4263

东区专科诊所：

425-646-7777

有关理疗安排的疑问请电

罗斯福路理疗科：

206-598-2888

如您对药物有严重的反应如呼吸困难、起风疹块或大量出血请即刻致电 911 或看急诊。

- 如您的手指没有夹板或石膏包裹，您可以活动手指 (除非您的医生另有指示)，如此可减轻肿胀。如您的手指有夹板或敷料包裹，则勿运用手指。

### 手术后的第一天：

- 继续遵照“手部术后须知”的说明。
- **活动**：每天起身走动数次有助于复元。且可防范血凝及便秘。
- **引流**：如有引流袋，我们会请您在 24 小时后取出。取出时先将引流袋放气、顺着身体的方向拔管。最好有他人协助您来做。将引流袋放在可密封的塑料袋后丢弃。

### 手术后第二天至两周：

- **肿胀** 手术后 1 至 2 日达到高峰。此后肿胀应渐减。6 周后肿胀才会消失。
- **疼痛** 通常在手术后 2 至 3 日后达到高峰。此后疼痛应渐减。用手过渡时您会感到疼痛增加，同时也提醒您手需要休息。
- **敷料**：需保持清洁干燥。请选照下列的手术须知处理：
  - **手腕管综合症 (Carpal Tunnel)**：两天后可除去敷料，用胶布贴上即可。
  - **手指痉挛结疔囊肿 (Trigger Finger/Ganglion Cysts)**：一周后除去夹板，用胶布贴上即可。此时您或需要做物理治疗。
  - **骨折/断骨、横断或韧带修补**：保持敷料直到手术后 10 至 12 天复诊。
  - **手腱松解术 (Hand Tenolysis) 手掌挛缩症 (Dupuytren's Release)、取出硬件**：留着夹板直到第一次看理疗师。理疗师将为您取下。第一次看理疗师时请携带您看理疗师的处方。
- **缝线**：我们将在手术后 10 至 14 日为您拆线。

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Box 354740

4245 Roosevelt Way N.E. Seattle, WA 98105  
206-598-HAND (4263)

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After Your Hand Surgery

Chinese

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# Patient Education

Ambulatory Surgery Center



## After Your Hand Surgery

*Self-care*

### Follow-up Visit:

- Bone and Joint Center
- Eastside Specialty Center

Date: \_\_\_\_\_

Time: \_\_\_\_\_

- Physical Therapy:

Date: \_\_\_\_\_

Time: \_\_\_\_\_

### Call Your Doctor If You Have:

- A fever higher than 101°F (38.3°C), sweating, or chills
- Increased redness, warmth, or foul-smelling drainage from your incision
- Nausea, vomiting, or itching that will not stop

**Weekdays during business hours: Call 206-598-4263.**

**After hours and on weekends and holidays:**

**Call the hospital paging operator at 206-598-6190. Ask for the Hand Fellow on call for Orthopaedics to be paged.**

### Pain Medicines

Some discomfort is normal after surgery. Pain medicines usually will not take away all of your pain, but they will help lessen it. Take your pain medicines as prescribed. Your prescriptions will be filled and given to you before you leave the hospital. Narcotic pain medicines may cause constipation, nausea, and itching.

- Do **not** drive while you are taking narcotic pain medicine. It can make you sleepy and slow your reaction time.
- Your medicine should last until your next follow-up visit.
- Medicine requests take 48 hours to fill.

### Nausea

To lessen nausea, take your pain medicine with food. If you still have nausea and vomiting after several hours, call our nurse. We may need to change your medicine.

### Constipation

To avoid getting constipated, drink plenty of water, eat foods high in fiber, and get up and walk around every few hours. We will also give you a medicine called a *stool softener* to help ease constipation.

### Itching

If you have itching, you may take a Benadryl to relieve it. If the itching continues or you develop a rash, call the nurse. We may need to change or stop your medicine.

### Swelling

It is normal to have some swelling after surgery.

- Keep your hand or arm above your heart. Do this by resting it on several pillows. This helps reduce both pain and swelling.
- Take the anti-inflammatory medicine that we have prescribed (naproxen or ibuprofen). This will help reduce your swelling. Some patients should not take these medicines. If this is true for you, we will not prescribe them for you.

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## Questions?

### Bone and Joint Clinic: 206-598-4263 (HAND)

Your questions are important. Call your doctor or health care provider if you have questions or concerns. UWMC clinic staff is also available to help.

For Labor and Industry (L&I) questions:  
206-598-4263

For questions about infections and medicines, call the Hand Center Nurse:  
206-598-4263

Eastside Specialty:  
425-646-7777

Roosevelt Physical Therapy:  
206-598-2888

If you have severe reactions to medicines such as difficulty breathing, hives, or lots of bleeding, **call 9-1-1 right away or seek help at any emergency room.**

- Use a cold pack on your hand or arm to help lessen swelling. Use it for 20 minutes on, and then 20 minutes off. Check your skin often to make sure it is not getting too cold. Your hand or arm may still be numb after surgery and you may not feel how cold it is getting.
- If your fingers are sticking out of a splint or cast, it is OK to move them (unless your doctor tells you not to). Moving your fingers will help lessen the swelling. Do not move your fingers if they are covered with a splint or bandage.

## The Day After Surgery

Continue to follow the self-care guidelines above.

### Activity

Get up and walk around several times a day. This will help you heal faster and help prevent blood clots and constipation.

### Drain

If you have a drain, you will remove it 24 hours after surgery. To do this, release the suction bulb and pull the drain toward your body. Ask someone to help you with this. Throw away the drain in a ziplock bag.

## The 2nd Day to 2 Weeks After Surgery

- **Swelling** will be greatest 1 to 2 days after surgery. After that, it should start to lessen. It can take up to 6 weeks for most of your swelling to go away.
- **Pain** is usually worst 2 to 3 days after surgery. After that, the pain should start to ease slowly. If you use your hand too much, the pain may get worse. That is your sign to rest your hand.
- Keep your **dressing** (bandage) clean and dry. Also follow the instructions below for your specific surgery:
  - **Carpal tunnel:** Remove your dressing in 2 days and cover your incision with a bandage.
  - **Trigger finger or ganglion cyst:** Remove the splint in 1 week and cover it with a bandage. You may see our physical therapist at this time.
  - **Fracture or broken bone, radial, or ligament repair:** Keep your dressing on until you see the doctor 10 to 12 days after surgery.
  - **Hand tenolysis, Dupuytren's release, and hardware removal:** Keep your splint on until your first physical therapy visit. Your therapist will remove the splint for you. Bring your physical therapy prescription to your first visit.
- We will remove your **stitches** about 10 to 14 days after your surgery.

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