



病人教育

骨科/手科中心



手部手术须知

您需要知道的事项

一般资讯

- 请与您的外科医生预约在手术后 2 周及术后 6 周时复诊。
- 务必在手术后 2 周去复诊。对您手术后的恢复是非常关键的。
- 在某些情况下您的家庭医生或理疗师可以为您拆线。
- **骨折的病人**：复检前的 2 周内请保持您的夹板。在复诊时、会取下来夹板、为您上石膏、约戴一个月。
- **换人工关节的病人**：要知道在敷料除去后将有 3 个月内不能工作。您将戴 6 周的石膏。
- **手部理疗**：有的病人在手术后数天即开始理疗或职能理疗。
- 手术后您不可自己驾车回家。请安排他人带您回家。
 - 如有一位可负责的成年人陪伴您、可坐计程车回家。
- 请勿在手术后 6 周内安排任何旅游。因为您必需回诊所复诊。请与手术医生或护士联系有关这方面的安排、。
- **敷料**：手术后的敷料或夹板应该是紧贴的、但不应紧得妨碍血液循环。您如对此有疑问请与手科护士联系 206-598-5494.
- **便秘**：手术、麻醉及止痛药都可能会导致便秘。可使用软便剂或泻药、或黑梅汁及高纤维的饮食这些是天然的泻药。

常有的问题及回答

问：会缝几针？

答：因刀口的需要而定。

您有疑问吗？

请致电 206-598-4263

您的疑问是非常重要的。当有疑问或顾虑时，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。

手部中心：
206-598-4263

问：有淤青是正常吗？

答：手术后有淤青是正常的。约 4 周后大多数的淤青会退去。

问：手肿得很严重是正常吗？

答：肿胀是正常愈合过程的一部分。通常约在手术后 1 至 2 天是最严重。之后，就会慢慢减少了。请务必把您的手或手臂架高、多休息及冰敷手或手臂，因为它有助于消肿。请您的护士向您示范如何冰敷手或手臂。

问：在牙医治疗前我需要预先服用抗生素吗？

答：不需要、仅在少数情况下才需要。如有需要服用抗生素我们会告诉您。

问：感染有什么症状？

答：发炎的症状包括红肿加剧、发热、疼痛加剧及伤口有异味的分泌液。体温超过华氏 101.5°度（摄氏 38.6°度），发冷、或出汗亦可能是感染的症状

问：我没什么食欲、有关系吗？

答：手术后食欲减退是很正常的。在服止痛药时可吃一些食物以减少恶心或呕吐的发生。在手部或手臂恢复期间务必多喝水。

问：我是在 2 个月前做的手术、但在下午或晚上还是会发胀、这是正常吗？

答：即使在手术后几个月手部或手臂发肿是属正常。在您回去工作、手或手臂的使用量增加、天气热或锻炼后等等都可使手部或手臂发肿。休息、冰敷及将手臂加高均可减轻肿胀。

问：植入手部的金属物件会触发机场的警铃吗？

答：不会。植入手部的金属物件不会触发机场的金属探测器。基于安全系统不时地更新、我们不知将来是否也不会。为事先做准备、您可向我们索取植入金属物件的证明卡。

UNIVERSITY OF WASHINGTON
MEDICAL CENTER
UW Medicine

Orthopaedics/Hand Center

Box 354740

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



About Your Hand Surgery

What you need to know

General Information

- Be prepared to follow up with your surgeon within 2 weeks of surgery and again 6 weeks after surgery.
- Remember to go to your 2-week post-operative visit. **This visit is vital to your care.**
- In certain cases, your family doctor or hand therapist may be allowed to remove your stitches.
- *Fracture Patients:* Keep your post-op splint on until your 2-week appointment. At that time, your splint will be removed and you will be placed in a cast for about 1 month.
- *Total Joint Patients:* Be prepared to be off work for about 3 months after your dressings are removed. You will be in a hard cast for about 6 weeks.
- *Hand Therapy:* Some patients may need physical and/or occupational therapy within days of surgery.
- You will NOT be able to drive yourself home after surgery. Arrange for someone to take you home after your surgery.
 - You may take a taxi home IF you have a responsible adult with you.
- Do not plan vacations for at least 6 weeks after surgery. You will have clinic visits to make. Please check with your surgeon or nurse about your schedule.
- *Dressings:* Post-op dressings or splints should fit snugly, but should not cut off circulation. If you have any questions about this, please call the Hand Nurse at 206-598-5494.
- *Constipation:* Surgery, anesthesia, and pain medicines may cause constipation. To avoid constipation, use stool softeners or laxatives, drink prune juice, and eat a high-fiber diet as a natural laxative.

Questions?

Call 206-598-4263

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

Hand Center:
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Questions and Answers

Q: How many stitches will it take?

A: As many as are needed to close the incision properly.

Q: Is it normal to have bruising?

A: It is normal to have bruising after surgery. It can take up to 4 weeks for most of the bruising to go away.

Q: Is it normal for my hand to swell a lot?

A: Swelling is a normal part of the healing process. Swelling usually is greatest about 1 to 2 days after surgery. After that, it will slowly lessen. It is important to keep your hand or arm elevated, get plenty of rest, and ice the hand or arm, as this helps to reduce swelling. Ask your nurse to show you how to apply ice to your hand or arm.

Q: Do I need antibiotics before dental work?

A: No, only in rare cases. We will tell you if antibiotics are needed.

Q: What are the signs of infection?

A: Signs of infection include increased redness, warmth, increased pain, and foul-smelling discharge from the incision site. A fever higher than 101.5°F (38.6°C), chills, or sweats may also be a sign of infection.

Q: My appetite is not very good. Is this OK?

A: It is normal to have a decreased appetite after surgery. Try to eat small amounts of food with your medicines to lessen the risk of nausea or vomiting. It is important to drink plenty of liquids while your hand or arm is healing.

Q: I had surgery 2 months ago and I still notice some swelling at the end of the day. Is this normal?

A: It is normal, even months after surgery, to have swelling in your hand or arm. This can occur with increased use of the hand or arm, return to work, in warm weather, or after exercising. The swelling will usually lessen with rest, ice, and elevation.

Q: Do metal implants set off the alarm in airports?

A: No. The implants used in hand surgery do not set off detectors in airports. With the rapid changes in security, we are unsure if this will continue to be the case in the future. To be prepared, you can ask us for a card verifying that you have a surgical implant.

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