

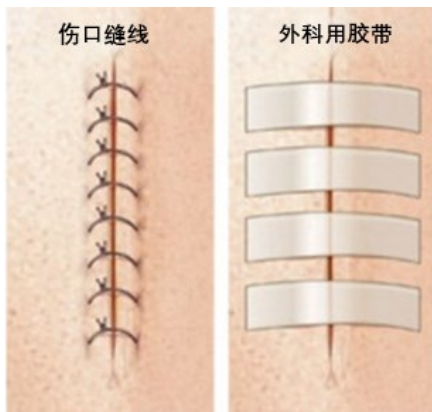
## 伤口的护理

### 居家的自我护理

本讲义适用于 UWMC 华大医疗中心“再造外科中心”的患者。它解释了手术后如何护理伤口。

### 伤口的护理

- 术后 48 小时，在第一次淋浴前，除去最外层的敷料。一般来说，这些敷料是纱布和胶带。
- 伤口可能贴了白色外科用胶带，称为“Steri-Strips”。如有，请将它保留在原处，直到它自行脱落。如它们没有脱落，我们会在第一次复诊时将它们取下。
- 伤口有些流液是正常的。如伤口有任何流液，或衣服与伤口摩擦引起不适，可用干纱布或内裤衬垫覆盖该部位。否则，请保持无覆盖状态。



伤口上可能有缝合线或外科用胶带 Steri-Strip。

### 个人卫生

- 请在手术后 48 小时后淋浴。我们建议此后每天淋浴，以降低感染的风险。
- 使用温和的肥皂淋浴，并轻洗伤口。
- 清洗伤口后，以清洁的毛巾轻拍干或自然晾干。
- 在伤口尚未完全愈合且未结痂之前，切勿盆浴、坐在热水浴缸中或游泳。这可能需要 4 到 6 周后才可。

### Wound Vac 真空敷料

在某些情况下，外科医生可能决定使用“Wound Vac 伤口真空敷料”。这是一种抽吸装置，通过将伤口边缘固定在一起并从伤口中抽出体液以促进愈合。

我们将在 5 到 7 天后在诊所除去伤口的“真空敷料”。“真空敷料”会在 7 天时自动停止。请确保在使用期间为此设置充电，可能在睡觉时较方便。且勿沾湿敷料。请参阅“伤口真空敷料装置”说明以获取更多信息。

如真空敷料装置发出警报，请立即致电 800.275.4524 联系供应商。

## 缝线

有许多不同类型的缝线。有些类型需要拆线，有些类型会自行溶解。如需要拆线，在手术后我们将为患者安排 1 至 2 周的门诊随访。

## 何时需要联系医疗团队

请每日查看伤口。如有下列症状请与诊所或医生联系：

- 出血或引流液浸湿了敷料（请按压该部位以减少出血）
- 体温高于华氏 100.5° 度（摄氏 38° 度）
- 颤抖和（或）发冷
- 手术部位有任何感染迹象
  - 发红
  - 肿胀加剧
  - 疼痛加剧
  - 引流液有异味
  - 引流液有脓液或浑浊（白色、黄色或绿色）
- 恶心及（或）呕吐
- 新发的皮疹
- 疼痛加剧、止痛药无效

如一边肢体出现发红、肿胀、疼痛/、痉挛或发热，这可能是血栓的迹象。请前往附近的急诊室。

### 您有疑问吗？

我们很重视您的提问。如有任何疑问或疑虑，请联系您的医生或医疗提供者。

**门诊时间（周一至周五，假日除外，上午 8 点至下午 5 点）：**

如有任何问题或疑虑，我们建议您通过 EPIC 的 MyChart 向您的外科医生发送消息。如照片有助于解释您的顾虑，请附上照片。

或，您可以拨打：  
206.598.1217 选项 2 致电“再造外科中心”。

### 门诊时间以外的紧急需求：

如在下班后、周末或假日有紧急护理需求，请致电 206.598.6190 并要求与当值的整形外科医生交谈。

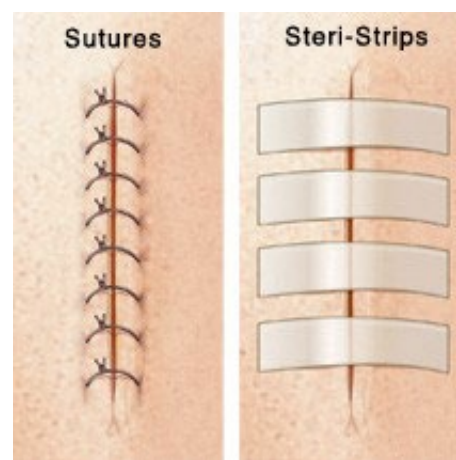
## Incision Care

### *Self-care at home*

*This handout is for patients at the Center for Reconstructive Surgery at UWMC. It explains how to care for your incision after surgery.*

### Incision Care

- Remove the outermost dressing 48 hours after surgery, before you shower for the first time. Generally, this dressing is gauze and tape.
- Your incision may have strips of white tape called Steri-Strips. If so, leave these in place until they fall off. If they do not fall off on their own, we will remove them during your first follow-up appointment.
- Some drainage from your incision is normal. If you have any drainage from your incisions, or if your clothing rubs against your incisions and causes discomfort, you may cover the area with dry gauze or a panty liner. Otherwise, leave it uncovered.



*Your incision may have sutures or Steri-Strips over it.*

### Hygiene

- Please wait 48 hours after surgery to take your first shower. After 48 hours, we recommend daily showers to reduce risk of infection.
- Use mild soap and water and wash very gently over your incisions.
- After washing your incision, please pat dry with a clean towel or allow it to air dry.
- Do **not** take a bath, sit in a hot tub, or go swimming until your incisions are fully healed and no scabs remain. This may take 4 to 6 weeks.

### Wound Vac

In certain situations, your surgeon may decide to place you in a dressing called a wound vac. This is a suction device that promotes healing by

holding the incision edges together and drawing fluid out of the wound.

We will remove the wound vac in clinic after 5 to 7 days. The therapy unit will turn off automatically at 7 days. Please ensure you are charging the machine while in place, for example while sleeping. Do not get this dressing wet. Please read the wound vac unit instructions you were given for more information.

If your therapy unit sounds an alarm, please contact the supplier at 800.275.4524 immediately.

## Stitches

There are many different types of stitches. Some types need to be removed, and some dissolve on their own. If your stitches need to be removed, we will set up a clinic visit for removal 1 to 2 weeks after surgery.

## When to Contact the Care Team

Check your incision every day. Contact our clinic or your doctor if you have:

- Bleeding or drainage that soaks your dressing (hold pressure on the site to lessen bleeding)
- A fever higher than 100.5°F (38°C)
- Shaking and/or chills
- Any signs of infection at your surgical site:
  - Redness
  - Increased swelling
  - Increased pain
  - Bad-smelling drainage
  - Pus or cloudy-colored drainage (white, yellow, or green in color)
- Nausea and/or vomiting
- New rash
- Pain that is worsening and is no longer eased by your pain medicine

**If you are experiencing redness, swelling, pain, cramping, or warmth in a leg or arm, these may be signs of a blood clot. If you experience these symptoms, please go to your local emergency room (ER).**

**If you are experiencing new chest pain or shortness of breath, please call 911.**

### Questions?

Your questions are important. Contact your doctor or healthcare provider if you have questions or concerns.

**During Clinic Hours (Monday through Friday except holidays, 8 a.m. to 5 p.m.):**

If you have any questions or concerns, we recommend messaging your surgeon through EPIC MyChart. Please include a photo if it would help explain your concern.

Or, you may call the Center for Reconstructive Surgery at 206.598.1217 option 2.

**Urgent Needs Outside of Clinic Hours:**

If you have an urgent care need after hours, on weekends, or holidays, please call 206.598.6190 and ask to speak to the plastic surgeon on call.