

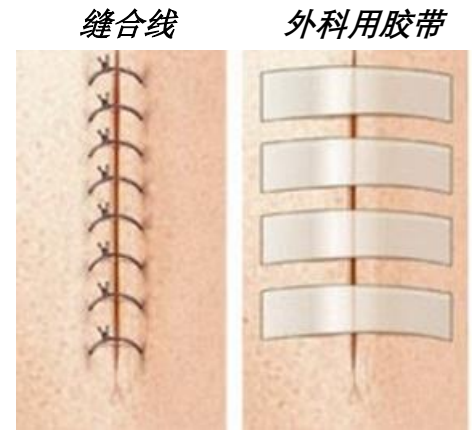
伤口的护理

居家时的自我护理

这份讲义是特为华大医院重建外科中心的患者准备的。它解释了手术后如何护理伤口。

伤口的护理

- 手术后 48 小时内，在第一次洗澡前取下最外层的敷料。通常，这种敷料是纱布及胶带。
- 伤口可能会贴有白色胶带，称为外科用胶带（Steri-Strips）。如是这样，请保持胶带直到它们自行脱落。如它们没有自行脱落，我们将在第一次复诊时取下。
- 伤口有些渗液是正常的。如有渗液，或衣物摩擦到伤口导致不适，可以用干纱布或内裤内衬覆盖该区域。否则，不要覆盖伤口。



伤口上可能会有缝线或贴上外科用胶带。

卫生

- 请在手术后等待 48 小时后再第一次淋浴。48 小时后，我们建议每天淋浴以降低感染的风险。
- 用温和的肥皂及水，轻轻地清洗伤口部位。
- 清洗伤口后，请用干净的毛巾拍干或自然干。
- 伤口完全愈合且没有结痂之前，不要泡澡、泡热水浴或游泳。这可能需要 4 到 6 周。

负压伤口治疗器（Wound Vac）

- 外科医生可能会决定为您使用一种称为“负压伤口治疗器（wound vac）”的敷料。这是一种利用吸力促进伤口愈合的装置，可帮助伤口边缘保持贴合，并将伤口中的液体引流出来。
- 5 至 7 天后我们将在诊所取出负压器。治疗器会在 7 天后自动关闭。请确保治疗器在使用期间保持充电，例如睡觉时充电。请勿将该敷料弄湿。更多信息请参阅负压伤口治疗器使用说明。
- 如治疗器发出警报声，请立即联系供应商。电话：800.275.4524。

缝合线

缝线有很多不同类型。有些缝线需要拆除、有些则会自行溶解吸收。如缝线需要拆除，我们会安排在手术后 1 到 2 周回诊拆线。



请扫描此二维码即可获得
此讲义的电子版。

何时联系护理团队

请每天检查伤口。如出现以下情况，请联系诊所或医生：

- 出血或渗液浸透敷料（请按压伤口部位以减少出血）
- 体温超过 100.5°F（38°C）
- 发抖和/或寒战
- 手术部位出现任何感染迹象：
 - 发红
 - 肿胀加重
 - 疼痛加重
 - 渗液有异味
 - 脓液或渗液的颜色混浊（白色、黄色或绿色）
- 恶心和/或呕吐
- 新出现的皮疹
- 疼痛持续加重，并且止痛药已无法缓解

如腿部或手臂出现发红、肿、疼痛、痉挛或发热，这可能是血栓的迹象。如出现这症状，请立即前往当地急诊室（ER）。

如出现新的胸痛或呼吸困难，请立即拨打 911。

您有疑问吗？

我们很重视您的提问。如您有任何疑问或顾虑，请联系您的医生或医疗服务提供者。

- **门诊时间内（周一至周五，节假日除外，上午 8 点至下午 5 点）：**
如您有任何疑问或顾虑，我们建议您通过 EPIC MyChart 给您的外科医生发送消息。如有需要，请附上照片。
或者，您也可以致电重建外科中心（Center for Reconstructive Surgery）：206.598.1217，选择 2。
- **门诊时间外的紧急情况：**
如您在下班后、周末或假日有紧急医疗需求，请拨打 206.598.6190，并要求联系值班整形外科医生。

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.

Sutures



Steri-Strips



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.



**Scan for a digital copy
of this handout.**

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

If you have 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 MyChart. Please include a photo if needed. 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.