



## 您的颈托

### 在家自我护理

本手册解释了如何佩戴和清洁颈托。

### 什么是颈托？

颈圈也称为颈托。它是一种塑料装置，可以使您的头部和颈部保持静止。大多数情况下，颈托是在大手术或重伤后（如颈部骨折）佩戴的。

### 为什么我需要佩戴颈托？

您的医生为您开了一个颈托，供您在康复期间佩戴。颈托有助您在愈合期间将颈部保持在正确的位置。

### 我什么时候戴颈托？

始终佩戴颈托，即使在淋浴或沐浴时也是如此。洗完身体的其他部分后，您需要一个帮手来取下颈圈、洗脖子和更换护垫。



您的护理团队会教您如何正确的置放您的颈托。

### 我如何清洁颈托下方？

除非您的医生说可以坐着，否则您必须平躺着才能取下颈圈。

### 您需要做什么？

- 平躺在床上。不要使用枕头。
- 保持头部处于中立位置。不要向前、向后或向侧面弯曲脖子。

### 您的助手需要做什么？

- 解开魔术贴搭扣带并取下衣领的前片。
- 仔细查看护垫的放置方式，以便正确插入新护垫。然后取出脏的护垫。
- 护垫附有连接魔术贴搭扣带。当您插入干净的护垫时，确保垫子延伸到塑料环的边缘，以防止患者的皮肤摩擦塑料。



在摘除和更换颈托背板时小心不要挪动患者颈部。

- 小心地将背板从患者颈部下方滑出，取下背板。这样做时小心不要移动患者的颈部。
- 将背板上脏的护垫换成干净的垫子。根据需要更换护垫。
- 用肥皂和水轻轻地清洗患者的颈部。彻底擦干皮肤。
- 查看衣领下是否有任何发红或刺激。仔细观察下巴和锁骨等骨骼区域。

#### 组装颈托:

- 转动颈托，使颈托前后片上的箭头都指向患者的头部。
- 首先放置颈托的背板。小心地将背板滑到患者颈部下方。确保它均匀居中。



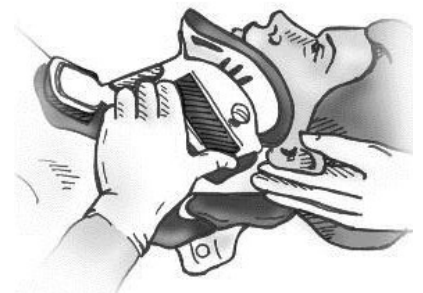
箭头都指向患者的头部。

- 放置前片，将其塞在患者的下巴下方并将两侧稍微向上对准耳朵。



将前片放置在患者下巴下方。

- 在不把颈托往后推的情况下，将两边弯向患者的颈部。



将两边弯向患者的颈部。

- 系紧魔术贴搭扣带以紧密贴合。确保颈托的前后片之间没有空间，它在两侧与魔术贴带相连



系紧魔术贴搭扣带。

#### 项托就位后:

- 让患者小心地翻身侧卧。在他们的脸颊下放一个小枕头或折叠的毛巾，这样他们的头就不会侧倾。
- 解开衣领向上一侧的魔术贴搭扣带。将背面部分向下折叠。检查患者后脑勺是否发红或发炎。
- 更换背板并系紧。



检查患者后脑勺是否发红或发炎。

- **我怎么知道颈托是否正确？**
- 您应该只能将一根手指插入颈托底部和上胸部之间。
- 您不能将下巴塞入颈托、左右转动头部或在颈托中上下倾斜头部。如果你能做到这一点，说明不够紧。

## 问题?

你的问题很重要。如果您有任何问题或疑虑，请致电您的医生或医护人员。

工作日上午 8 点到下午 4 点:

- 致电 206.744.3462 联系海景医院骨科诊所。当您听到语音留言后按 2。
- 致电 206.744.3462 联系骨科诊所。按 2 与护士交谈。

下班后以及节假日和周末，请拨打社区关怀热线 206.744.2500。

## 我可以重复使用护垫吗?

您可以在清洗后重复使用护垫。

- 用中性肥皂和水清洗弄脏的垫子。
- 冲洗掉所有肥皂。
- 拧干多余的水。然后用毛巾包裹垫子并挤压以尽可能多地去除水分。然后将垫子平放晾干。

## 什么时候打电话给您的医生

如果您有以下情况，请致电您的医生:

- 颈托下有任何酸痛或刺激感。
- 新的或更严重的不舒服或疼痛。
- 新的或更严重的无力感。
- 新的或更严重的麻木感。

## 联系谁

疑问或非紧急疑虑:

- 工作日上午 8 点到下午 4 点。
  - 致电 206.744.9340 联系脊柱和神经外科诊所。按 2 与护士交谈。
  - 致电 206.744.3462 联系骨科诊所。按 2 与护士交谈。
- 下班后以及节假日和周末，请拨打社区关怀热线 206.744.2500。

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## Your Cervical Collar

### *Self-care at home*

*This handout explains how to wear and clean a cervical collar.*

### **What is a cervical collar?**

A *cervical collar* is also called a neck brace. It is a plastic device that holds your head and neck very still. Most times, a cervical collar is worn after major surgery or a serious injury, such as a broken neck.

### **Why do I need a cervical collar?**

Your doctor has prescribed a cervical collar for you to wear during your recovery. The collar will help to keep your neck in the right position while it is healing.

### **When do I wear the collar?**

**Wear the collar at all times, even when you shower or bathe.** After you wash the rest of your body, you will need a helper to take the collar off, wash your neck, and change the pads.



*Your care team will show you how to place the collar in the right position.*

### **How do I clean under the collar?**

You must lie flat on your back to remove the collar unless your doctor says it is OK to be sitting.

### **What You Need to Do**

- Lie flat in bed. Do **not** use a pillow.
- Keep your head in a neutral position. Do **not** bend your neck forward, backwards, or sideways.

### **What Your Helper Needs to Do**

- Undo the Velcro straps and take off the front piece of the collar.
- Look carefully at how the pads are placed so that you insert the new pads correctly. Then take out the dirty pads.



*Be careful not to move the patient's neck when removing and replacing the back piece of the collar.*

- The pads attach with Velcro. When you insert clean pads, make sure the pads extend over the edge of the plastic collar to protect the patient's skin from rubbing against the plastic.
- Take off the back piece by carefully sliding it out from under the patient's neck. **Be careful not to move the patient's neck while doing this.**
- Replace the soiled pads on the back piece with clean ones. Change these as needed.
- Gently wash the patient's neck with soap and water. Fully dry the skin.
- Look for any redness or irritation under the collar. Look carefully over bony areas like the chin and collarbones.

**To put the collar back on:**

- Turn the collar so that the arrows on both the front and back pieces of the collar are pointing up toward the patient's head.
- **Place the back of the collar first.** Slide the back piece carefully under the patient's neck. Make sure it is centered evenly.
- To place the front piece, tuck it under the patient's chin and aim the sides slightly up toward the ears.

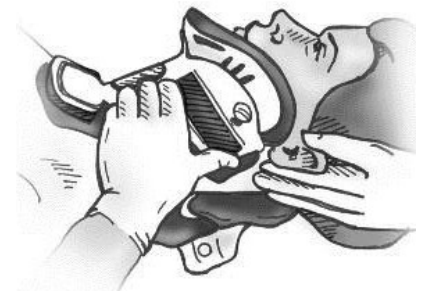


*Arrows should point up toward the patient's head.*



*Tuck the front piece under the patient's chin.*

- Without pushing backward on the collar, curl the sides around the side of the patient's neck.



*Curl the sides of the collar around the patient's neck.*

- Fasten the Velcro straps for a snug fit. Make sure there is no space between the front and back pieces of the collar where it connects at the sides with the Velcro straps.



*Fasten the straps for a snug fit.*

**After the collar is in place:**

- Have the patient carefully roll on their side. Put a small pillow or folded towel under their cheek so their head doesn't tilt sideways.
- Undo the Velcro strap on the upward side of the collar. Fold the back piece down. Check the back of the patient's head for any redness or irritation.
- Replace the back piece. Fasten it snugly.



*Check the back of the patient's head for redness or irritation.*

**How do I know if the collar is on right?**

- You should be able to insert **only 1 finger** between the bottom of the collar and your upper chest.
- You should **not** be able to tuck your chin into the collar, turn your head from side to side, or tilt your head up or down in the collar. If you can do that, the collar is not tight enough.

## Can I reuse the pads?

You can reuse the pads after you have washed them. To do this:

- Wash the soiled pads with mild soap and water.
- Rinse all of the soap out.
- Wring out the excess water. Then wrap a towel around the pads and squeeze to remove as much water as you can. Then lay the pads flat to dry.

## When to Call Your Doctor

Call your doctor if you have:

- Any soreness or irritation under the collar
- New or worse discomfort or pain
- New or worse weakness
- New or worse numbness

## Who to Call

For questions and non-urgent concerns:

- Weekdays from 8 a.m. to 4 p.m.:
  - Call the Spine and Neurosurgery Clinic at 206.744.9340. Press 2 to talk with a nurse.
  - Call the Orthopedic Clinic at 206.744.3462. Press 2 to talk with a nurse.
- After hours and on holidays and weekends, call the Community Care line at 206.744.2500.

### Questions?

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

Weekdays from 8 a.m. to 4 p.m.:

- Call the Harborview Orthopedic Clinic at 206.744.3462. Press 2 when you hear the recording.
- Call the Orthopedic Clinic at 206.744.3462. Press 2 to talk with a nurse.

After hours and on weekends and holidays, call 206.520.5000.

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