

石膏模護理

Cast Care

A cast keeps an injured bone from moving so there is less pain and the bone heals better.

When a cast is put on, a sock-like material is put over your injured leg or arm. Then a soft cotton material is wrapped to cushion your skin. Wet fiberglass or plaster cast material is then put on. It will begin to feel warm as it is put on. The material will harden and set in 5 to 10 minutes, but it can take a day or 2 for the cast to fully dry.

The staff will tell you when and how you can walk on your leg or use the arm with the cast.

General care

- Do not pull out the padding inside your cast.
- Do not break off rough edges or trim without checking with your doctor first.
- Check your skin each day for redness or raw areas. If you have either, call your doctor.
- Check your cast each day for cracked or soft spots. If you have either, call your doctor.

Bathing

- Avoid getting your cast wet. The cotton under the cast is very hard to get dry. If it gets wet, it can cause skin problems.
- When you bathe, keep the cast out of the water. Put a plastic bag over your cast to keep it dry. Seal the open end of the bag around your arm or leg with tape to keep it as dry as possible.

石膏模固定受傷的骨頭，可減少疼痛並使骨頭更好地痊癒。

打石膏模時，受傷的腿部或臂部要裹上一層像襪子一樣的布料。然後裹一層軟棉質材料，為皮膚提供緩衝。接著敷上濕玻璃纖維或石膏材料。打上石膏時會開始覺得很熱。材料在 5 到 10 分鐘內就會硬化定型，但可能需要一兩天的時間才能完全乾燥。

醫護人員將告知您何時以及如何用戴石膏模的腿走路或使用戴石膏模的手臂。

一般護理

- 切勿拿出石膏模內的襯墊物。
- 未徵求醫生意見之前，切勿擅自敲掉粗糙的邊緣或進行修剪。
- 每天檢查皮膚是否有紅腫或破皮。若有皮膚紅腫或破皮，請打電話給醫生。
- 每天檢查石膏模是否有裂縫或變軟的部位。若有則打電話給醫生。

洗浴

- 避免弄濕石膏模。石膏模下面的棉質層很難吹乾。如果將它弄濕，可能會引起皮膚病。
- 洗澡時不要讓石膏模接觸水。在您的石膏模上裹一個塑膠袋以保持乾爽。用膠帶將裹在您手臂或腿部的塑膠袋開口處封好，儘可能保持乾爽。

- If your cast gets wet, use a hair dryer on low or cool setting to dry your cast. Do not hold the dryer in one spot too long or it might burn your skin. It may take up to 2 hours to dry.

Movement or Activity

- Do not rest your cast against hard surfaces for longer than 30 minutes. The pressure on your skin under the cast could cause your skin to breakdown.
- Raise your injured leg or arm above the height of your heart as much as possible. This will help to ease swelling and pain in the first few days.
- Exercise your toes or fingers. This helps with circulation, healing and helps to limit swelling.

Skin Care

- Do not scratch under the cast with any sharp object. This may cause skin damage.
- Keep dirt, sand or powder away from the inside of the cast.
- Use a large sock or mitten as a toe or hand warmer.
- Use a nail file to smooth any rough edges on your cast.
- Use a fan or hair dryer each day, set on cool, to keep your cast dry and help relieve itching.

- 如果石膏模弄濕，將電風筒設定在低檔，吹乾石膏。不要將電風筒對準一個部位太長時間，否則可能會灼傷您的皮膚。將其吹乾可能要花2個小時。

移動或活動

- 不要將石膏模靠在硬層表面超過30分鐘。石膏模下的皮膚壓力可引起皮膚破損。
- 儘可能將受傷的腿或手臂抬至高於心臟的位置。這將有助於減輕最初幾天的腫脹和疼痛。
- 鍛煉您的足趾或手指。這樣做可促進血液循環，有助痊癒並限制腫脹。

皮膚護理

- 不要用任何尖銳物體在石膏模之下刮擦。這可能造成皮膚受損。
- 防止灰塵、沙土或粉末進入石膏模內。
- 用寬鬆襪子或手套保持腳趾或手指暖和。
- 用指甲銼將石膏模的任何粗糙邊緣磨平。
- 每天使用風扇或風筒，設定為冷風，保持石膏模乾爽並有助於減輕瘙癢。

Call Your Doctor

Contact your doctor right away if you have:

- Numbness, more pain, tingling, more swelling, temperature or color changes in the injured arm or leg that does not improve with position changes or raising the arm or leg above the level of your heart
- Burning or stinging under the cast
- An odor or drainage coming under or through the cast
- Cast is too tight, too loose, cracked or broken

聯絡醫師

如有以下狀況，立刻聯絡醫師：

- 受傷的手臂或腿部出現麻木、疼痛加劇、刺痛、腫脹加重、體溫或皮膚顏色變化，這些變化不會隨着姿勢變化、手臂或腿部抬高到心臟以上而改善
- 石膏模下有燒灼感或刺痛感
- 石膏模下有異味或發現滲液
- 石膏模過緊、過鬆、破裂或損壞