

## 人工膝關節置換術患者須知

1. 在家時應繼續做的運動為：股四頭肌運動、足踝活動、平直式抬腿及患腿彎曲等。
2. 一旦拆線後可以採用盆浴或淋浴，但出入浴盆時須特別小心。
3. 繼續使用您的輔助器(拐杖或學步車)，直到重回門診為止。
4. 您的腿在長距離步行後，如有腫脹的傾向時，應減少步行量，且在每次步行後宜抬高腿部。
5. 慢慢的增加您的活動量，但記住每次須有充足的休息。
6. 直到達到您的正常活動量時才可以開車。
7. 若醫師對您的行動曾加以限制，您都必須遵守，直到下一次的返診。
8. 當您覺得可以時，就可開始工作，開始時每天宜從較少工作時數做起，直到身體比較適應為止。
9. 若有下列症狀時請來醫院門診：
  - (1) 發炎的现象：紅、腫、患部滲出液或疼痛增加，或有發燒等现象時。
  - (2) 由於疼痛或不適而傷及膝關節時。
  - (3) 跌倒或挫傷而傷及膝關節。
  - (4) 小腿或足踝有腫脹或壓痛時。
  - (5) 深呼吸時有胸痛現象。

## Reminders to Patients that have Exchange Surgery on Artificial Knee

1. Patient should keep doing such exercise at home, including working on quadriceps femoris muscle, working on angles, raising legs flat and straight, and bend wounded legs.
2. If surgical stitches are removed, then patient can either take bath or shower; however, should take extra caution when entering or leaving bath tub.
3. Please continue to use your auxiliary aids (crutch or walking aid), until you return to hospital for re-examination.
4. If your leg has such conditions, such as becoming swollen, after walking for a long distance, please should reduce walking amount, and should raise your legs each time when you walk.
5. Patient should slowly increase your activity capacity, but remember to have enough rest each time.
6. Patient must drive after you reach your normal activity capacity.
7. You must follow whatever is restricted by doctor on your activities until the next time you return for treatment.
8. If you feel your condition is ready, then you may start working. However, you should start from minimum amount of work hours everyday until you get better.
9. If you have encountered the following symptoms, please come back to hospital for examination:
  - (1) Infected Symptoms: Red and Swollen wounds that are secreted with aspiration, increasingly pain, or having a fever.
  - (2) Hurt knee for feeling pain or discomfort.
  - (3) Hurt knee for tripping or bruised.
  - (4) Having a swollen or repressed legs or ankles.
  - (5) Having a chest pain while deep breathing.