

上石膏前後病患須知

1. 上石膏前應用肥皂清水洗淨，或以50%酒精輕拭，增加皮膚張力。
2. 上石膏最初10-15分鐘會有燒灼感，之後因水分蒸發會有發冷感。
3. 上完石膏24小時內：
 - (1) 勿加放物品及被蓋於石膏上，以免變形或妨礙濕氣蒸發。
 - (2) 患肢墊以軟枕，以預防石膏變形，並可消腫及減少疼痛。
4. 上石膏後四小時內每30分鐘檢查一次血循情形或因石膏太緊引神經血管壓迫症狀。
 - (1) 手腳冰冷。
 - (2) 手腳麻木。
 - (3) 手腳發青。
 - (4) 持續性劇痛。
 - (5) 嚴重腫脹。
 - (6) 石膏內任何部位疼痛。
5. 露在石膏外之手腳，應經常活動以幫助血液循環減少腫脹，更可以減少關節僵硬及肌肉萎縮。
6. 皮膚上的石膏用清水洗淨以防刺激。
7. 在X光顯示骨骼已癒合，才可依醫囑拆除，時間不一。
8. 拆除石膏後，皮膚以水清洗，擦點油潤滑，由於有些關節僵硬，不宜動作粗暴的移動肢體，對各僵硬關節做漸進性運動。
9. 拆除小腿石膏後會有腫脹和水腫情形，睡眠時患肢抬高，白天可穿彈性襪來防止水腫，但也可以定時抬高患肢。

Reminders to Patients Before or After having Plaster Pack

1. Patient should have soap and water cleanse wounded part before putting on plaster pack, or gently wipe with 50% of alcohol in order to increase skin's tension.
2. Patient might feel a bit of burn at the first 10-15 minutes after having plaster pack on, might feel a bit of cold after water is evaporated.
3. Within 24 hours after having plaster pack on:
 - (1) Must not put any article or blanket on plaster to prevent distortion or hindrance to humidity evaporation.
 - (2) Must put a soft pillow below wounded limb to prevent distortion of plaster, as well as to heal swelling and to reduce pain.
4. Please check for conditions, such as blood circulation or compressed nerves or bloods due to overly-tight plaster, every 30 minutes within 4 hours after putting on plaster pack.
 - (1) Cold limbs.
 - (2) Numb limbs.
 - (3) Pale limbs.
 - (4) Successive and traumatic pains.
 - (5) Serious level of swelling.
 - (6) Pains in any position within plaster.
5. For limbs that are exposed outside plaster must move frequently in order to help with blood circulation and to reduce swelling condition, further it also helps to reduce occurrence of stiff joints and contracted muscles.
6. Must cleanse plaster on skin with water in order to avoid stimulation.
7. Must remove plaster only if X-ray inspection has shown healing of bones, however, healed time differs individually.
8. After having plaster removed, must cleanse skin with water, and then apply some nourishing cream. However, due to some stiff joints, it may be inappropriate to make larger movements, but to make progressive movement on every part of stiff joints.
9. There may be swellings and hydrops after having plaster on legs removed. It is advised to raise wounded leg during sleep, and wear elastic stockings in the day time to avoid hydrops and also raise wounded leg higher regularly to helping recovery.