

手部或手臂术后护理

我的孩子术后可以吃哪些食物？

可以在您的孩子感到饿的时候吃一些清淡的食物。可以吃的食物包括清液、吐司、饼干、酸奶、汤和水果。如果孩子能够接受清淡的食物，接下来就可以让孩子恢复正常饮食。一些处方药可能会造成严重便秘。让您的孩子喝大量饮料、吃新鲜水果和蔬菜，帮助避免便秘。

我应当如何护理孩子的手术部位？

在家中护理孩子时，请遵守本页中带标记栏目的指示。

在切口上贴免缝胶带

- 免缝胶带（Steri-strips）是贴在可降解医用手术缝线上或替代缝线封闭切口的薄胶带。
- 将免缝胶带留在切口上，直至自行脱落。
- 请勿在免缝胶带上涂药膏。

手术切口用皮胶封闭

- 用肥皂和水清洗，保持皮肤清洁。
- 请勿在患处涂药膏。
- 皮胶在大约一周后会自行剥落。

为您的孩子上了绷带、敷料、夹板或固定敷料

- 在____天内保持干燥。然后可取下外层敷料，但不要揭下透明绷带。
- 在下次门诊之前，请勿取下孩子的绷带、夹板或固定敷料，并保持清洁干燥。
- 遵守交给您的“固定敷料护理”指南。

我如何帮助控制孩子的疼痛？

我们与您和您的孩子合作，尽可能完全预防和减轻疼痛。您最了解您的孩子。无论孩子的疼痛程度如何，相信孩子有疼痛，并立即作出回应。您的孩子在术后可能会感到疼痛和不适。我们将与您一起制定一项计划，除了开止痛药外，还鼓励通过应对活动止痛，并提供支持。

如需了解进一步详情

- 矫形外科诊所
206-987-2109
- 向您的孩子的健康护理服务提供者洽询
- seattlechildrens.org

免费口译员服务

- 在医院内，向您的孩子的护士询问。
- 在医院外，拨打免费家庭口译专线电话
1-866-583-1527。告诉口译员您需要通
话的人的姓名或分机号码



止痛药

如果医生为您的孩子开止痛药，请按照指示服药。如果您认为您的孩子不再需要，则无需服用所有的止痛药。

请遵守以下为您的孩子标出的栏目指示：

在让您的孩子服用任何类型的止痛药之前，首先向您的健康护理服务提供者洽询。

- 如果您的孩子不再需要服用医生开的止痛药，或者没有为您的孩子开止痛药，您可以通过让孩子服用非处方醋氨酚（Tylenol）或布洛芬（Advil、Motrin），帮助控制疼痛。
 - 可以让您的孩子服用醋氨酚（Tylenol）和布洛芬（Advil、Motrin）。请遵守告知您的剂量指南。
 - 不要让您的孩子服用布洛芬（Advil、Motrin）。让您的孩子在需要时仅服用醋氨酚（Tylenol）。请遵守告知您的剂量指南。
- 三至五天后尝试减少麻醉药（即氧可酮（oxycodone））用量。

肿胀

您孩子的手术部位可能会肿胀，还可能造成手和手指略微红肿。除非您的医生有其他指示，如需帮助减轻疼痛和肿胀，请务必让您的孩子抬高手臂或手术部位。将手臂或手术部位抬高到与心脏相同的高度。您可以用枕头垫起，帮助抬高手臂或手术部位。

手臂吊带

- 会让您的孩子带着手臂吊带回家。在后续就诊之前一直使用吊带。
- 如果您的孩子接受疼痛控制神经阻断术，我们会给您的孩子吊带。仅限在接受手术的手足麻木时使用。一旦手足完全恢复感觉，取下吊带，不要再使用。
- 不要使用吊带。

我的孩子何时能恢复？

- 在____天内完全保持绷带（敷料）干燥。____天后，可洗淋浴或在浴盆内很快洗澡，但应当让您的孩子避免长时间浸泡在浴盆内。
- 不要取下绷带。在您的孩子下一次就诊之前保持绷带完全清洁和干燥。

我的孩子何时能返回学校或上幼儿园？

大多数孩子在手术当日和术后第二天会呆在家里。这会让他们有时间从手术和麻醉中恢复。当您的孩子感到舒适且不再需要很强的止痛药时可以返回学校。

一些孩子需要避免上体育课、运动和激烈的游戏。您的孩子：

- 可恢复全面活动。
- 在下一次门诊之前不应上体育课或参加运动。如有必要，我们可以让您的孩子不上体育课或不参加运动的证明信。

我的孩子能够有多大的活动量？

术后返家头 12 个小时，您的孩子应当仅限在大人的监督下进行安静的活动。此后您的孩子可以增加活动量。如果感到身体不适，则应当限制活动量。

您的孩子的活动水平取决于接受的手术类型。

遵守以下勾选栏目中的指示：

- 每天活动您的孩子接受手术的手臂上的所有手指。让孩子握紧拳头（称为“完全弯曲”），再完全张开手，伸直手指，然后张开和合拢手指。每天醒来时做四到五次这些活动，直至取下绷带。
- 术后请务必不要让您的孩子活动手和手指。绷带、吊带或固定敷料会帮助固定手术部位。
- 在就诊之前不得负重。
- 您的孩子在身体能够承受的情况下可重新完全负重。

如果您的孩子开车，在服用很强的处方止痛药或使用吊带或固定敷料时不应当开车。

我应当何时打电话给孩子的健康护理团队？

如果您的孩子出现以下任何警示迹象，请打电话：

- 发烧体温达到 101.6 度或以上
- 尽管按照指示按时服用止痛药，疼痛仍然加剧
- 指尖发紫或发白，而不是通常的粉红色
- 皮肤泛红延伸至手臂
- 新的出血
- 呕吐超过两次，且无法耐受液体

在星期一至星期五营业时段，请打电话给矫形外科诊所，电话号码 206-987-2109。晚间和周末，请打电话给西雅图儿童医院接线员，电话号码 206-987-2000。请接线员传呼应召矫形外科住院医师。

我的孩子何时需要再次就诊？

您的孩子的后续就诊日期是_____

请打电话给矫形外科诊所，核实就诊时间。

您的孩子将在以下地点就诊：

- 西雅图儿童医院主院区
地址：4800 Sand Point Way NE, Seattle, WA 98105
六楼，Ocean 区入口
- Bellevue 诊所
地址：1500 116th Ave NE, Bellevue, WA 98104

Care After Hand or Arm Surgery

What can my child eat after surgery?

It is OK for your child to have something light to eat when they are hungry. Examples of foods that are OK are clear liquids, toast, crackers, yogurt, soup, and fruit. If light food stays down, then your child may eat what they usually eat. Some prescription medications can be very constipating. Have your child drink and eat plenty of liquids, fresh fruit and vegetables to help avoid constipation.

How should I take care of my child's surgery site?

To care for your child at home, follow the instructions as marked on this sheet.

- Steri-strips over the cut (incision)**
 - Steri-strips are thin pieces of tape that are on top of dissolvable stitches or used instead of stitches to close the cut (incision).
 - Leave the Steri-strips on until they fall off on their own.
 - Do not put ointment over the Steri-strips.
- Cut incision is closed with skin glue**
 - Keep the skin clean with soap and water.
 - Do not put ointment on the area.
 - The glue will flake off on its own after about a week.
- Your child has a bandage, dressing, splint or cast**
 - Keep dry for ____ days. After that it is OK for you to remove outer dressing but leave clear bandage in place.
 - Do not remove your child's bandage, splint or cast and keep it clean and dry until the next clinic visit.
- Follow the "Cast Care" guidelines that will be given to you.
- _____

How do I help manage my child's pain?

We partner with you and your child to prevent and relieve pain as completely as possible. You know your child best. No matter the level of your child's pain, believe they are hurting and respond right away. After a surgery your child is likely to have some pain and discomfort. We will work with you to create a plan that, in addition to medicine prescribed for pain, encourages coping activities to treat pain and provide support.

To Learn More

- Orthopedics Clinic
206-987-2109
- Ask your child's healthcare provider
- seattlechildrens.org

Free Interpreter Services

- In the hospital, ask your nurse.
- From outside the hospital, call the toll-free Family Interpreting Line, 1-866-583-1527. Tell the interpreter the name or extension you need.

Medicine for pain

If pain medicine was prescribed for your child, use it as directed. You do not need to use all the pain medicine if you think your child no longer needs it.

Follow the instructions marked below for your child:

Check with your healthcare provider first before giving any type of medicine to your child.

- If your child no longer needs medicine prescribed for pain, or if your child did not get a prescription for pain, you can help to manage their pain by giving either over-the-counter acetaminophen (Tylenol) or ibuprofen (Advil, Motrin).
- It is OK to give your child both acetaminophen (Tylenol) and ibuprofen (Advil, Motrin). Follow the dosage guidelines that will be given to you.
- Do not give your child ibuprofen (Advil, Motrin). Only give acetaminophen (Tylenol) if needed. Follow dosage guidelines that will be given to you.

Try to reduce using narcotics (i.e. oxycodone) after 3 to 5 days.

Swelling

Your child may have swelling around the surgery site and this could also cause their hand and fingers to swell slightly. Unless instructed differently by your doctor, to help reduce pain and swelling it is important to raise your child's hand or area that had surgery. Raise it above the level of their heart. You can use pillows to help do this.

Arm Sling

- Your child will be sent home with a sling. Use the sling until your follow-up appointment.
 - If your child received a nerve block for pain control, we will give you a sling to use. It should be used only during the time the extremity that had surgery is numb. Once your child has full feeling in the extremity, remove the sling and do not use it again.
 - Do not use a sling.
-

When can my child get wet?

- Keep the bandages (dressing) completely dry for ___ days. After ___ days, a shower or a quick bath in the tub is OK but your child should avoid a long soak.
 - Do not remove the bandage. Keep completely clean and dry until your child's next clinic appointment.
-

When can my child go back to school or childcare?

Most children will stay home the day of surgery and the day after surgery. This gives them time to recover from the procedure and from anesthesia. It is OK for your child to return to school when they are comfortable and when they no longer need strong pain medication.

Some children need to be excused from PE, sports and rough play. Your child:

- May return to full activity
- Should not do PE or sports until next clinic visit. We will give you a letter to excuse your child from PE or sports if needed.

How active can my child be?

For the first 12 hours at home after surgery, your child should do only quiet activities, with adult supervision. After this period, it is OK for your child to be more active. Your child will limit their own activity if they feel uncomfortable.

Your child's activity level will depend on the type of surgery they had.

Follow the instructions checked below:

- Exercise all fingers of your child's operated hand each day. Have them make a full fist (called "full flexion") and full extension to make fingers straight and then fan fingers in and out. Do these exercises 4 to 5 times a day while awake until their bandage is removed.
- It is very important that your child not move their hand and fingers after their surgery. Their bandage, splint or cast will help the area stay immobile.
- No weight bearing until clinic visit.
- Your child may return to full weight bearing as tolerated.

If your child drives a car, they should not drive while they are taking strong medicines prescribed for pain or if they are in a splint or cast.

When should I call my child's healthcare team

Please call if your child has any of these warning signs:

- Fever 101.6 or higher
- Pain increasing in intensity despite giving pain medications according to direction and on time
- Finger tips that are blue or white instead of the normal pink
- Redness on the skin spreading up the arm
- New bleeding
- Vomits more than twice and unable to keep liquids down

During weekday business hours, call the Orthopedics Clinic at 206-987-2109. On evenings and weekends, call the operator at Seattle Children's at 206-987-2000. Ask the operator to page the orthopedic resident on call.

When will my child be seen again?

Your child's follow-up appointment is on _____

Please call the Orthopedic Clinic to confirm your appointment time.

Your child will be seen at the following location:

- Seattle Children's Main Campus
4800 Sand Point Way NE, Seattle, WA 98105
Level 6, Ocean zone entrance
 - Bellevue Clinic
1500 116th Ave NE, Bellevue, WA 98104
-