

为单次麻醉多部位下肢手术 (SEMLS) 做准备

什么是单次麻醉多部位下肢手术 (SEMLS) ?

SEMLS 代表 “single-event multilevel surgery” (单次麻醉多部位下肢手术)。手术涉及同时对软组织和骨骼作出多种矫正。此类手术可能会在数月内影响您的家庭生活。本手册描述您可能预期会出现的一些变化。请利用本手册帮助您在手术前进行规划。

孩子需要住院多长时间？

您和您的孩子需要达到某些物理疗法目标后才能出院。通常需要 5-7 天时间。物理疗法在手术后 1-2 天开始。在接受物理疗法期间，您和您的孩子将学习如何达到起床、做日常运动和学习如何转送之类的目标。



手术会对孩子的移动能力会产生怎样的影响？

您的孩子将需要在 6-8 周的时间内改变自己的活动方式。

轮椅

- 您的孩子可能因定位需求能够在手术后使用自己的轮椅。
- 您的孩子可能还需要其他帮助移动的设备。我们将向您解释，并帮助您制定计划。

转送

- 您需要制定计划，至少到头两周左右的时间内，确定您的孩子乘车和回家需要有哪些帮助。
- 如果您的孩子体重超过 50 磅，请计划有两个人帮助转送。您可能还应当了解是否可以在您的家中使用霍耶升降机（Hoyer lift）。我们可以向您提供有关霍耶升降机的信息。
- 如果您的孩子体重超过 50 磅，您可以自己将孩子抱起来，您可以在手术后继续这样做。请记住，孩子的固定石膏和夹板会额外增加高达 10 磅的重量。

站立和步行

- 如果手术不涉及任何骨骼，可能允许您的孩子在站立时承受部分体重。但是，在手术后约 10-14 天内他们很可能在这样做时会感到不舒服。
- 您的孩子将能够通过门诊或基于家庭的物理疗法逐渐恢复站立转送和步行的能力。

会为我的孩子上护板或打石膏吗？

很多孩子在手术后需要固定和支撑腿部，常用的支撑用具包括：

- 铰链式护膝（Hinged knee braces）
- 膝盖固定装置（Knee immobilizers）
- 关节外展带（Abduction bar）
- 外展枕（Abduction pillow）
- 石膏（Casts）
- 臀部矫形器（Hip orthosis）
- 上护板或打石膏可能会影响睡眠、旅行、活动、如厕和洗澡。
- 大多数护板和石膏需要几乎在所有时间佩戴（包括夜间），持续六周。然后可根据孩子的服务提供者的指示缩短佩戴时间。

孩子的沐浴习惯将有哪些变化？

- 您需要在 2-3 周时间内为您的孩子用海绵擦澡。刀口愈合前不得浸泡在水中。
- 当外科医生取下石膏或允许您取下护板透气时，淋浴椅可能在短期内有帮助。
 - 保险可能不为淋浴椅提供承保
 - 您可能无法在旧货店找到淋浴椅
- 手持淋蓬头也可能会有帮助。可在当地家居装饰店和一些药店买到手持淋蓬头。

孩子的如厕习惯会改变吗？

您的孩子手术后在如厕时可能需要帮助。

- 如果您的孩子的轮椅不能在卫生间内便利地移动，使用床头便椅（bedside commode）可能会有帮助。
 - 保险可能不为便椅提供承保
 - 您可能从医疗设备供应商处租赁便椅
 - 有时可在旧货店买到便椅

孩子的交通习惯会改变吗？

您的孩子可能需要特殊的交通便利设施。并非所有的车辆都能安全地运载手术后的儿童。

- 如果您的孩子将要上人字形石膏（SPICA cast）或外展夹板（abduction splint），很可能不能使用自己的儿童座椅。
- 如果您的孩子的护理团队建议使用井字形背带（EZ-on vest），您必须使用带长条座椅的车辆，同一个长条座椅上不得有任何其他孩子或儿童座椅。
- 您可以考虑借用或租赁一辆车。在使用建议的护理安全计划时，车辆内可能不能乘坐相同的人数。
- 有时在孩子乘车时可取下护板，但不同的计划可能有不同的规定。这将取决于孩子的手术、使用的车辆类型以及孩子的行程长短。
- 如果您的孩子通常坐在轮椅里乘车，请注意我们的租赁轮椅未获准供患者坐在轮椅里乘车。
- 您需要规划每天如何接送您的孩子上学。
- 通常在手术后 6-8 周内需要作出特殊的变动，但时间长短可能因人而异。

孩子的上学习惯会改变吗？

有些学校不具备护理手术后续 6-8 周患者的完善设备。请尽快与您的孩子的学校讨论，了解他们有哪些资源可供使用。您的孩子将需要：

- 电梯
- 从一个教室到另一个教室的更多时间
- 有人帮助拿背包、书籍和文具，并有人帮助取午餐
- 帮助上卫生间
- 学校有指定的人确保遵守您的孩子的活动限制，并核实您的孩子的护板或石膏适当佩戴和护理

如需了解进一步详情

- 矫形外科
206-987-2109
- 职业和物理疗法
206-987-2113
- 向您的孩子的健康护理服务提供者洽询
- www.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。

学校可能需要您提供一些手术后文件。请向孩子的学校了解，他们是否需要以下文件：

- 学校缺勤请假表
- 家庭医院表格
- 交换医疗信息授权表
- 活动限制说明
- 返校医疗许可表
- 学校给药授权表

我们可以帮助您索取这些表格。

孩子出院后需要接受护理疗法吗？

您的孩子手术后可能需要接受其他护理疗法。请向您的护理服务提供者询问孩子需要多久接受一次护理疗法。

- 需要在您的孩子手术前安排这些预约。
- 有些物理疗法设施有很长的等候名单。
- 一旦确定了手术日期，应当尽快安排物理疗法。

康复团队可能建议您的孩子返回医院接受康复服务

- 并非所有的儿童都符合住院康复的资格。
- 如果您的孩子符合资格，让您的孩子接受住院康复服务的决定通常在手术后约 4-8 周内做出。
- 可能需要等候 1-2 周的时间，才能获得保险批准。
- 住院康复的长度将根据孩子的需求决定。

规划总结

- 是否有另一个人能够帮助接送和护理我的孩子？
- 如果我们的家中有楼梯，该怎么办？
- 较大的轮椅是否能进入我们的家中、并在家中移动？
- 我们是否需要霍耶升降机 (Hoyer lift) ？
- 我们是否需要淋浴椅、手持淋蓬头和抽水马桶支架 (bathroom commode) ？
- 带长条座椅的车辆
- 其他： _____

如需了解供租赁或低收费的医疗设备，请查阅以下网站中刊载的“轮椅和医疗设备资源” (Resources for Wheelchairs and Medical Equipment)：

www.seattlechildrens.org/clinics-programs/physical-therapy/patient-family-resources



Preparing for Multi-Level Surgery (SEMLS)

What is SEMLS?

SEMLS stands for “single-event multilevel surgery”. The surgery involves making many corrections to soft tissue and bone all at one time. This surgery can impact your family’s life for many months. This handout describes some of the changes that you can expect. Use it to help you make plans before surgery.

How long will my child be in the hospital?

You and your child will need to reach certain physical therapy goals before being discharged. This usually takes 5 to 7 days. Physical therapy will start 1 to 2 days after surgery. During physical therapy, you and your child will work on goals for getting out of bed, doing daily exercises and learning how to transfer.



How will my child’s mobility be affected by the surgery?

Your child will need to change how they move around for 6 to 8 weeks.

Wheelchair

- Your child may not be able to use their own wheelchair after surgery due to their positioning needs.
- Your child may also need other pieces of mobility equipment. We will talk about this with you and help you to make a plan.

Transfers

- **You will need to plan for what help your child will need with transfers into the car and home for at least the first 2 weeks or so.**
- If your child weighs more than 50 pounds, plan on having 2 people to help with transfers. You may also want to see if using a Hoyer lift is an option for your home. We can give you information about a Hoyer lift.
- If your child weighs less than 50 pounds, and you can lift them by yourself, you can continue to do this after their surgery. Keep in mind that your child's casts or splints will add as much as 10 extra pounds of weight.

Standing and walking

- If the surgery does not include any bone work, your child may be allowed to bear some weight thru standing. However, they will very likely **not** be comfortable doing this for about 10 to 14 days after their surgery.
- Your child will be able to work on regaining their standing transfers and walking with outpatient or home based physical therapy.

Will my child wear a brace or cast?

Many children need immobilization and support to their legs after surgery. This is often done with:

- Hinged knee braces
 - Knee immobilizers
 - Abduction bar
 - Abduction pillow
 - Casts
 - Hip orthosis
- Wearing a brace or cast can affect sleeping, traveling, moving around, going to the bathroom and bathing.
 - Most braces and casts need to be worn almost all the time and at night for 6 weeks. After this they can be worn for shorter periods of time, as decided by your child's provider.

How will my child's bathing habits change?

- You will need to give your child sponge baths for 2 to 3 weeks. They will not be allowed to soak or submerge their incisions until they have healed.
- When the surgeon removes the casts or allows you to remove their braces for bathing, a shower chair may be helpful for the short term.
 - Insurance may not cover a shower chair
 - You may be able to find a shower chair at second hand stores
- Handheld showerheads can also be helpful. They can be found at your local home improvement store and some pharmacies.

Will my child's bathroom habits change?

Your child may need help using the bathroom after surgery.

- If your child's wheelchair cannot move around easily in your bathroom, a bedside commode may be helpful.
 - Insurance may not cover a commode
 - You may be able to rent one from medical equipment vendors
 - Commodes can sometimes be found at second hand stores

Will my child's transportation habits change?

Your child will likely need special accommodations for transportation. Not all vehicles can safely transport children after surgery.

- If your child will be put in a SPICA cast or abduction splint, they will most likely not be able to use their own car seat.
- If your child's care team recommends using an EZ-on vest, you must use a car with a bench seat, and there cannot be any other children or car seats on that bench seat.
- You may want to consider borrowing or renting a car.
- You may not be able to fit the same number of people in the car while using the recommended care safety plan.
- Braces may sometimes be removed for transport, but plans can vary. This will depend on your child's procedure, the type of car used and how far your child will travel.
- If your child normally rides in their wheelchair for vehicle transport, keep in mind that our rental wheelchairs are not approved to be transported in vehicles with patients riding in them.
- You will need to plan for how your child will get to school each day.
- Special modifications are usually needed for 6 to 8 weeks after surgery, but times may vary.

Will my child's school habits change?

Some schools are not well equipped to care for patients for the first 6 to 8 weeks after surgery. Talk with your child's school as soon as possible about what resources they have. Your child will need:

- Elevator access
- Extra time to go from one class to another
- Help with carrying a backpack, getting lunch, books and school supplies
- Help using the bathroom
- A designated person at school to make sure their activity restrictions are being followed and that their brace or cast is being worn and cared for properly

Preparing for Multi-level Surgery (SEMLS)

To Learn More

- Orthopedics
206-987-2109
- Occupational & Physical Therapy
206- 987-2113
- Ask your child's healthcare provider
- www.seattlechildrens.org

Free Interpreter Services

- In the hospital, ask your child's 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.

The school may need certain paperwork after surgery. Please talk to your child's school to see if they need:

- School absence excuse forms
- Home hospital forms
- Authorization to exchange medical information forms
- Activity restriction note
- Medical clearance to return to school forms
- Authorizations to give medication at school

We can help you get these forms

Will my child need therapy after leaving the hospital?

Your child may need additional therapy after surgery. Ask your care provider how often your child will need to go to therapy.

- These appointments need to be scheduled before your child's surgery.
- Some physical therapy facilities have long wait lists.
- Physical therapy should be scheduled as soon as possible once you have a surgery date.

The rehabilitation team may recommend that your child return to the hospital for rehabilitation

- Not all children qualify for inpatient rehabilitation (called "rehab").
- If your child qualifies, the decision to admit to inpatient rehab is normally made around 4 to 8 weeks after surgery.
- There may be a 1 to 2 week wait for your child's insurance to approve the request.
- We will decide the length of the inpatient rehab stay based on your child's needs.

Planning summary

- Is there another person to help with transfers and care of my child?
- What do we do if we have stairs in our home?
- Will a larger wheelchair fit in and around our home?
- Will we need a Hoyer lift?
- Will we need a shower chair, handheld shower and bathroom commode?
- Vehicle with a bench seat
- Other: _____

To find medical equipment for loan or small fee, read the "Resources for Wheelchairs and Medical Equipment" at www.seattlechildrens.org/clinics-programs/physical-therapy/patient-family-resources.

Seattle Children's offers interpreter services for Deaf, hard of hearing or non-English speaking patients, family members and legal representatives free of charge. Seattle Children's will make this information available in alternate formats upon request. Call the Family Resource Center at 206-987-2201.

This handout has been reviewed by clinical staff at Seattle Children's. However, your child's needs are unique. Before you act or rely upon this information, please talk with your child's healthcare provider.

© 2018 Seattle Children's, Seattle, Washington. All rights reserved.