

# 单次麻醉多部位下肢手术（SEMLS）后护理

单次麻醉多部位下肢手术（SEMLS）后可能会在数月内影响家庭生活。本资料单描述手术后所需的护理。

## 什么是恢复期？

物理疗法是单次麻醉多部位下肢手术（SEMLS）后恢复的重要组成部分。以下您可能期待的恢复期概述。

- **急性病症住院病人：**您的孩子手术后将住院，以确保疼痛得到控制，并能安全地从一地点转送到另一个地点。他们在从床上移到轮椅上/拄拐杖或从轮椅上/拄拐杖移到卫生间时，可能需要有人帮助。您的孩子的住院天数取决于接受的手术和恢复状况。
- **术后早期：**出院后，您的孩子可能会有活动限制，将由外科医生和您的孩子的护理团队决定有哪些活动限制。在此期间，您和您的孩子将进行活动范围练习和疼痛控制，以便为开始强化康复做准备。
- **强化康复：**强化康复通常在手术后六周开始。您的孩子将开始接受强化疗法，取决于您的孩子的需求，可能包括物理和职业疗法。此类疗法可能在住院病人康复部或门诊进行，每周最多接受三次治疗。
  - 住院病人康复住院时间通常为一至两周。持续时间由康复团队决定。您的孩子将在出院后接受门诊治疗。
  - 较高的门诊病人治疗频率通常延续三个月。
- **术后晚期：**在您的孩子完成强化物理疗法后，他们将需要继续做拉伸和强化运动。物理疗法的频率通常会比强化康复期减少。这是为了确保您的孩子从手术中获得最大益处。

## 疼痛控制

在接受单次麻醉多部位下肢手术（SEMLS）后，您的孩子将服用帮助减轻疼痛的药物。下文描述您的孩子手术后可能出现的疼痛类型以及我们可能建议服用的止痛药。

### 如需了解进一步详情

- 矫形外科  
206-987-2109
- 向您的孩子的医疗保健提供者洽询
- [seattlechildrens.org](http://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。



## 我的孩子会出现哪些类型的疼痛？

- **剧烈疼痛：** 此类疼痛是受伤或手术所致，持续时间较短，一旦您的孩子从受伤或手术中恢复，疼痛则会中止。如果您的孩子接受了骨科手术，我们预计剧烈疼痛会持续约 2-3 周时间。如果您的孩子接受了软组织松解术，我们预计剧烈疼痛会持续大约一周时间。我们使用氧可酮 (Oxycodone)、泰诺 (Tylenol) 和布洛芬 (Motrin) 帮助缓解剧烈疼痛。每种药物以不同的方式控制身体的疼痛。氧可酮 (Oxycodone) 和布洛芬 (Motrin) 应当在进食时服用，以避免肠胃症状。
- **神经痛：** 神经痛是手术过程中神经刺激所致。手术过程中肌肉被拉长后神经可能被拉伸。神经目前处于一个新位置，可能造成疼痛。在您的孩子住院期间，我们会注重定位，以防神经拉伸，减少不适感。经常变换孩子的体位 (称为“定位”) 有助于他们保持身体舒适和皮肤健康。因神经拉伸造成的疼痛感觉好像灼热、刺痛、麻刺感或麻木感。我们使用加巴喷丁 (Gabapentin) 或普瑞巴林 (Lyrica) 控制此类疼痛。加巴喷丁 (Gabapentin) 和普瑞巴林 (Lyrica) 最长需要一个月才能达到全效。如果您的孩子出现神经痛，我们将从低剂量药物开始，并根据需要增加剂量。通常，此类药物需要每天服三次，才能获得最大益处。
- **肌肉痉挛：** 一些儿童在手术后会出现肌肉痉挛。出现痉挛是因为肌肉在手术后受到刺激所致。痉挛可能会很疼。有时您会看到肌肉抽搐，您的孩子可能会抱怨突发疼痛。有时改变体位会有帮助。我们使用地西洋 (Diazepam) 或氯羟去甲安定 (Lorazepam) 帮助控制肌肉痉挛。

仅限依照您的医疗保健提供者的建议服用这些药物。在让您的孩子服用任何类型的药物之前，请向您的医疗保健提供者咨询。

## 我应当何时打电话给医生？

当您的孩子上石膏时，请务必定期查看您的孩子的皮肤状况。

如果出现以下任何警告迹象，请打电话：

- 发烧体温达到华氏 101.6 度 (摄氏 38.6 度) 或以上
- 即使按医嘱按时服止痛药后，疼痛程度仍在加剧
- 脚趾颜色比正常皮肤颜色浅
- 皮肤变色或刺激感向上延伸至腿部
- 新出血
- 呕吐超过两次，喝下的饮料会吐出来

星期一至星期五正常营业时间，请打电话给矫形外科诊所，电话号码 206-987-2109。晚间和週末，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生。

# Care After Multi-Level Surgery (SEMLS)

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Single event multilevel surgeries (SEMLS) can affect the lives of families for months after the surgery. This handout reviews the care needed after surgery.

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## What are the stages of recovery?

Physical therapy is an important part of recovery after a single event multilevel surgery (SEMLS). Here is an overview of the stages of rehabilitation you might expect.

- **Acute inpatient:** Your child will stay at the hospital after surgery to make sure their pain is under control and they can be transferred from one spot to another safely. They may need help transferring from their bed to their wheelchair/crutches or from their wheelchair/crutches to the toilet. The number of days in the hospital depends on your child's procedure and recovery.
- **Early post-operative:** After leaving the hospital, your child may have activity restrictions that are determined by the surgeon and your child's care team. During this time, you and your child will work on range of motion and pain control in order to get ready to start intensive rehabilitation.
- **Intensive rehabilitation:** This typically starts 6 weeks after surgery. Your child will begin intensive therapy, which can include physical and occupational therapy depending on your child's needs. This can happen in the inpatient rehabilitation unit or outpatient with therapy up to 3 times per week.
  - An inpatient rehabilitation stay is typically 1 to 2 weeks. The duration is determined by the rehabilitation team. Your child will have outpatient therapy following their stay in the hospital.
  - The higher frequency of outpatient therapy is typically for 3 months.
- **Late post-operative:** After your child completes the intensive physical therapy, they will need to continue with stretching and strengthening. Physical therapy is typically continued less often than during the intensive rehabilitation phase. This is to make sure your child gets the most benefit from surgery.

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## Pain control

Following a SEMLS procedure, your child will be on medication to help relieve pain. The next is a review of the types of pain your child may have after surgery and the pain medications we may recommend to deal with this pain.

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### To Learn More

- Orthopedics  
206-987-2109
- Ask your child's healthcare provider
- [seattlechildrens.org](http://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.

### What types of pain will my child have?

- **Acute pain:** This type of pain is caused by an injury or surgery. It is short-term and will stop once your child has healed from their injury or surgery. If your child had bone surgery, we expect them to have acute pain for about 2 to 3 weeks. If your child had soft tissue releases, we expect them to have acute pain for about one week. We use oxycodone, Tylenol and Motrin to help relieve acute pain. Each medication works on pain in different ways in the body. Oxycodone and Motrin should be given with food to avoid gastrointestinal symptoms.
- **Nerve pain:** Nerve pain is caused by irritation of the nerves during surgery. The nerves can be stretched during surgery after the muscles are lengthened. The nerve is now in a new position, and this can cause pain. While your child is in the hospital, we will focus on positioning to help prevent nerve stretch and reduce discomfort. Changing your child's position frequently (called "positioning") can help them stay comfortable and keep their skin healthy. The pain felt from nerve stretch can feel like burning, stabbing, tingling or numbness. We use gabapentin or Lyrica for this type of pain. Gabapentin and Lyrica can take up to one month to reach their full effect. If your child is having nerve pain, we will start at a low dose which can be increased as needed. Typically, this medication needs to be taken three times per day to get the most benefit.
- **Muscle spasms:** Some kids will have muscle spasms after surgery. The spasms happen because the muscle becomes irritated after surgery. The spasms can be painful. Sometimes you can see the muscle twitching, or your child may complain of a sudden start of pain. Sometimes changing body position can help. We use diazepam or lorazepam to help with the muscle spasms.

Use these medicines only if recommend by your healthcare provider. Check with your healthcare provider first before giving any type of medicine to your child.

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### When should I call the doctor?

It is important to regularly check your child's skin while they are wearing braces or casts.

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

- Fever of 101.6 degrees F (38.6 degrees C) or higher
- Pain that gets worse even after giving pain medicines according to direction and on time
- Toes that are a lighter shade from normal skin tone
- Skin color change or irritation spreading up the leg
- New bleeding
- Throwing up more than twice and being 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