

肿胀管理 居家计划

Swelling Management Home Program (Chinese)

抬高: Elevation:

尽可能将手抬高，使其高于心脏。

Elevate your hand above your heart whenever possible.

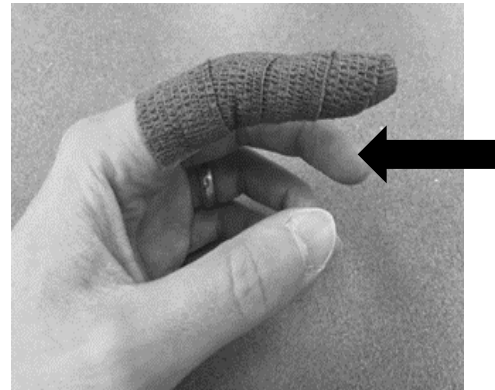
压缩: Compression:

除了洗澡、进行皮肤脱敏、做疤痕按摩或锻炼外，一直穿戴着。

Wear at all times except when bathing, desensitizing skin, doing scar massage, or exercising.

压缩种类: Types of compression:

- Coban®弹性绷带：以中度的张力包扎（介于完全伸展和毫无伸展的中间）。总是朝向手腕包扎（见图）
- Coban® wrap: wrap with moderate tension (halfway between full stretch and no stretch). Always wrap toward the wrist (see picture)
- 压缩手套：总是内外反着穿戴，以免接缝陷入皮肤。
- Compression glove: Always wear inside out so the seams do not dig into the skin.
- 手指护套 Digit sleeve
- 凝胶手指护套 Gel digital cap



- 压缩护套 Compression sleeve

预防措施: Precautions:

如果您注意到以下情况, 取下压缩护具: Remove compression if you notice:

- 手指感到搏动 Throbbing in your fingers
- 手指颜色改变 Color changes in your fingers
- 疼痛增加 Increased pain

抬高并开合手指: Elevated pumping:

- 将手放在肘部上方, 稍微高于肩膀。张开和合上手指。可以缠着 Coban 绷带® 或戴着压缩手套进行。慢慢地连续这样做 ____ 次, 一天做 ____ 回



- Hold hand above elbow and slightly above shoulder. Open and close your fingers. Can be performed while wearing Coban® or compression glove. Do this slowly ____ times in a row, ____ times/day

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