

# 夹板穿戴和护理 居家计划

## Splint Wear and Care Home Program (Chinese)

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### 佩戴时间表: Wear schedule:

- 夜间 (睡觉时) Night (while sleeping)
- 白天 Daytime
- 外出到公共场合时 When out in public
- 需要额外保护时 When extra protection is required
- 一直佩戴 All the time

### 何时该脱掉: Remove for:

- 洗澡 Bathing
- 运动 Exercises
- 伤口护理 Wound care
- 在家的安静时刻 Quiet times at home

### 预防措施: Precautions:

- 如果您发现有红色区域, 手臂与夹板接触处疼痛, 或皮疹, 请致电 734-936-7070

职能治疗 (OT) 诊所

Call the OT clinic at 734-936-7070 if you notice red areas, pain where arm makes contact with the splint, or a rash

- 远离热源

Keep away from heat sources

**护理: Care:**

- 塑料: 用肥皂和水清洗, 或者用消毒 (医用) 酒精或湿巾清洁

Plastic: wash with soap and water, or clean with rubbing alcohol or wipes

- 氯丁橡胶: 手洗和风干

Neoprene: hand wash and air dry

- 松紧弹力衬垫: 手洗和风干

Stockinette liners: hand wash and air dry

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