

腳和腳踝术后须知

Instructions After Foot and Ankle Surgery (Chinese)

我的术后须知是什么？ What are my instructions after surgery?

保持您的敷料干燥 Keep your dressings dry

敷料渗血是很常见的情况。通常发生在手术后的前 1-2 小时内。当您看到敷料上有渗出时，实际的出血已经停止了。 Bleeding through the dressings is common. This usually happens during the first 1-2 hours after surgery. The actual bleeding will have stopped by the time you see the drainage through your dressings.

- 我们将在手术后的复诊中为您更换敷料！ **请不要自己更换敷料，除非我们特别告诉您这样做。** We will change your dressings for you at your follow-up appointment after surgery! **Do not change your own dressing unless we specifically tell you to do so.**
- 随时保持敷料干燥。请勿淋浴、洗澡或以任何方式弄湿您的敷料。如果您愿意，您可以购买一个“石膏保护袋”或使用一个垃圾袋在洗澡时覆盖您的敷料。 Keep your dressings dry at all times. Do not shower, bathe, or wet your dressing in any way. If you'd like, you can buy a “cast bag” or use a garbage bag to cover your dressing while you shower.

抬高您的脚或脚踝 Elevate your foot or ankle

- 将您的脚或脚踝抬高（意味着您应该保持您的脚或脚踝抬高或垫高）14-16 天是很重要的。将您的脚或脚踝抬高到心脏以上，或者至少保持在腰部水平。越常抬高

您的脚和脚踝，您的疼痛就会越少。您每次可以短暂休息 10 分钟或更少的时间。

It is important to elevate your foot or ankle (meaning that you should keep it raised or propped up) for 14-16 days. Elevate your foot or ankle above your heart, or at least at waist level. The more you elevate your foot and ankle, the less pain you will have. You can take breaks from elevating for 10 minutes or less at a time.

- 当抬高您的脚时，请让脚跟悬空，避免脚跟直接接触任何东西。这可以帮助您避免脚跟后侧产生压疮。详细信息请参见下图。 Float your heel when you elevate your foot, so that the heel is not in direct contact with anything. This will help you avoid developing a pressure sore on the back of your heel. See the picture below for details.

脚跟悬空=正确

脚跟放下=错误

Heel FLOATING = Correct

Heel DOWN = Incorrect



- 经过 14-16 天的抬高，您可能会慢慢变得更加活跃，起身的次数也会增加。注意您的脚或脚踝的感觉，以便您知道什么时候该躺下并再次抬高它。 After 14-16 days of elevation, you may slowly become more active and get up more. Pay attention to how your foot or ankle is feeling so you know when to lie down and elevate it again.

避免让您的脚或脚踝承重 Avoid putting weight on your foot or ankle

在接下来的 2 到 6 周内，不要让您的脚或脚踝承重。这表示当您站立或行走时，您的脚不可以接触地面。 Do not put any weight on your foot or ankle for 2-6 weeks. This means your foot may not touch the ground when you stand or walk.

服用药物以防止血栓 Take medication to prevent blood clots

- ☐ 每天服用两次 81 毫克阿司匹林肠溶片。在手术后的第一天开始服用此药物，并继续服用，直到您可以不需要石膏或支撑靴行走。这将帮助您降低在腿部形成血栓（深静脉血栓，或 DVT）的风险。 Take one 81 mg enteric-coated aspirin pill twice daily. Start the first day after your surgery, and continue taking this medication until you are walking out of a cast or boot. This will help you decrease the risk of developing a blood clot (deep venous thrombosis, or DVT) in your leg.
- ☐ 其他药物：_____。手术后第一天开始服用此药，除非您的医生另有指示。 Other medication: _____. Start taking this the first day after surgery unless your provider tells you otherwise

我将如何管理我的疼痛？ How will I manage my pain?

您可以预期在手术后会有一定程度的疼痛。这是正常的，也是愈合过程的一部分。每个人对疼痛的感受不同，我们的目标是帮助您将疼痛控制在比较可以忍受的程度。 You can expect to have some level of pain after surgery. This is normal and part of the healing process. Everyone feels pain differently. Our goal is to help make your pain more tolerable.

非处方止痛药 Over-the-counter (non-prescription) pain medications

您可以通过非处方止痛药来管理您的疼痛。这些可能包括：

You can manage your pain with over-the-counter pain medications. These may include:

□ **泰诺®强效锭 Extra Strength Tylenol® (对乙酰氨基酚) Extra Strength Tylenol® (acetaminophen)**

- 每 8 小时服用 1000 毫克（两片 500 毫克的药片） Take 1000 mg (two 500 mg pills) every 8 hours.
- 疼痛时继续服用对乙酰氨基酚。 Continue to take acetaminophen while you have pain.
- 请记住，一些阿片类（麻醉性）药物中含有对乙酰氨基酚。如果您也服用阿片类药物，在您决定服用多少对乙酰氨基酚时，请考虑这一点。 Remember that some opioid (narcotic) medications have acetaminophen in them. If you are also taking opioid medications, consider this when deciding how much acetaminophen to take.
- 24 小时内不要服用超过 3000 毫克的对乙酰氨基酚。 Do not take more than 3000 mg of acetaminophen in 24 hours.

□ **可选择使用：Motrin®（布洛芬） Optional: Motrin® (ibuprofen)**

- 每 6-8 小时最多服用 600 毫克。然而，如果我们特别告诉您不要服用布洛芬，就请您不要服用。 Take up to 600 mg every 6-8 hours. However, do not take ibuprofen if we have specifically told you not to.
- 交替服用布洛芬和对乙酰氨基酚。这表示您会按照预定的时间表，在不同的时间服用这两种药物。下面有一个示例表，说明您如何交替使用这些止痛药。 Alternate taking ibuprofen with taking acetaminophen. This means that you are taking both medications at different times on a set schedule. An example table of how you'd alternate this pain medications is included below.

- 在 24 小时内不要服用超过 3200 毫克的布洛芬。 Do not take more than 3200 mg of ibuprofen in 24 hours.
- 如果您正在服用抗凝血药物，或者如果您有心脏病、严重肾病、减肥手术或胃溃疡的病史，在服用布洛芬之前，请先和您的初级保健医生讨论。 Talk with your primary care doctor before taking ibuprofen if you are on blood thinners, or if you have a history of heart disease, severe kidney disease, bariatric surgery, or stomach ulcers.

交替使用止痛药的示例时间表： Example timetable of alternating pain medications:

时间 Time	药物剂量 Medication dose
上午 8:00 8:00 AM	1000 毫克 泰诺® (对乙酰氨基酚) 1000 mg Tylenol® (acetaminophen)
中午 12:00 12:00 PM (noon)	600 毫克 Motrin® (布洛芬) 600 mg Motrin® (ibuprofen)
下午 4:00 4:00 PM	1000 毫克 泰诺® (对乙酰氨基酚) 1000 mg Tylenol® (acetaminophen)
晚上 8:00 8:00 PM	600 毫克 Motrin® (布洛芬) 600 mg Motrin® (ibuprofen)
午夜 12:00 12:00 AM (midnight)	1000 毫克 泰诺® (对乙酰氨基酚) 1000 mg Tylenol® (acetaminophen)

阿片类止痛药 Opioid pain medication

您将收到以下其中一种药物的少量处方 阿片类止痛药:

You will receive a prescription for a small amount of one of the following opioid pain medications:

Orthopaedic Surgery - Foot and Ankle Surgery
Instructions After Foot and Ankle Surgery (Chinese)

- **羟考酮 Oxycodone** (5 毫克片剂) **Oxycodone** (5 mg tablets)
- **氢可酮-对乙酰氨基酚 Hydrocodone-acetaminophen** (Norco® 5-325 毫克片) **Hydrocodone-acetaminophen** (Norco® 5-325 mg tablets)
 - 请注意，这种药物含有对乙酰氨基酚。 Be aware that this medication contains acetaminophen.
- **曲马多 Tramadol** (50 毫克片) **Tramadol** (50 mg tablets)

阿片类药物是非常强效的止痛药，您应该仅遵从处方服用。如果按照我们为您开立的用药时间表服药后，疼痛仍然无法忍受，请打电话联络我们。 Opioids are very strong pain relief medications that you should only take as prescribed. If your pain is not tolerable on the medication schedule we prescribed you, please call us.

- 您可以在**手术后的前 24 小时内**使用阿片类药物来缓解严重疼痛。之后，**只有**在绝对需要的时候才使用。 You may use the opioid medication for severe pain in the **first 24 hours after surgery**. After that, **only** take it if absolutely needed.
- 我们建议您在手术后两周内停止服用阿片类药物。 We recommend that you stop taking opioids within 2 weeks after your surgery.

神经阻滞 Nerve blocks

根据您的具体手术，我们的麻醉团队可能会为您提供神经阻滞作为帮助控制手术后疼痛的另一种方式。这将是外科团队开立的止痛药之外的额外止痛方式。**神经阻滞**是一种在手术前施打的药物注射，用来麻痹将疼痛信号传送到大脑的神经。有时候，我们可能也会在进行神经阻滞时放置一条**导管**（一条细长柔软的管子），以便在较长的时间内持续给您麻醉

药物。 Depending on your specific surgery, our anesthesia team may have offered you a nerve block as another way to help control your pain after surgery. This would be in addition to the pain medication pills the surgery team will prescribe. A **nerve block** is an injection of medication given to you before surgery that numbs the nerves that send pain signals to your brain. Sometimes we may also place a **catheter** (a thin, flexible tube) with your nerve block that will continue to give you numbing medication for a longer period of time.

如果您接受没有导管的神经阻滞: If you received a nerve block without a catheter:

- 您的疼痛缓解可能持续 4 到 24 小时。这表示在那段时间内, 您可能会感到脚部麻木、刺痛, 或者无法活动您的脚。 Your pain relief may last anywhere between 4-24 hours. This means you may have numbness, tingling, or not be able to move your foot for that amount of time.
- 当神经阻滞效果开始消退时, 您会感到疼痛, 因此您应该在阻滞效果消失之前开始服用止痛药。请在回家后 2-4 小时内服用第一剂处方止痛药。在神经阻滞效果消失之前服用它们, 然后仅在需要时服用止痛药。 You will have pain as the nerve block begins to wear off, so you should start taking your pain medications before the block wears off. Take your first dose of prescribed pain medications 2-4 hours after getting home. Take them until the nerve block wears off, then pain medications as needed

如果您接受带导管的神经阻滞: If you received a nerve block with a catheter:

- 急性疼痛服务团队通常会打电话来查看您的情况。 The Acute Pain Service team will typically call to check in on you.

- 按照时间表，在前 24 小时内服用您的处方阿片类止痛药和对乙酰氨基酚。之后，只在您有剧烈疼痛时，按需要服用阿片类药物。疼痛时继续服用对乙酰氨基酚。

Take your prescribed opioid pain medication and acetaminophen on a schedule for the first 24 hours. After that, only take the opioid medication as needed if you have severe pain. Continue taking acetaminophen while you have pain

- 如果您对导管有任何疑问，请拨打 (734) 936-4000 并要求联系值班的急性疼痛服务医生。 If you have questions about the catheter, call (734) 936-4000 and ask for the Acute Pain Service doctor on call

手术后我还可以服用哪些其他药物？

What other medications might I take after surgery?

- 如果您因阿片类药物而感到恶心或呕吐，或因敷料而感到瘙痒，我们的外科团队可以开给您一种叫做羟嗪（hydroxyzine）的药物。您可以每 6 小时根据需要服用一颗 25 毫克的羟嗪片。如果您知道自己对阿片类药物较为敏感，您可以在服用任何阿片类止痛药前 30 分钟先服用 1 片。 If you have nausea or vomiting from the opioid medications, or itching from the dressings, our surgery team may prescribe you a medication called hydroxyzine. You may take one 25 mg hydroxyzine pill every 6 hours as needed. If you know you are sensitive to opioids, you may take 1 tablet 30 minutes before you take any opioid pain medication.
- 为了您的骨骼健康，我们建议您在恢复期间服用以下补充剂： For your bone health, we recommend taking the following supplements during your recovery period:
 - 维生素 C（每日 500 毫克） Vitamin C (500 mg daily)

- 维生素 D3 (每日 5000 国际单位) Vitamin D3 (5000 international units daily)
- 钙 (每日 1000 毫克) Calcium (1000 mg daily)
- 如果您有便秘的情况, 请从药房购买软便剂 (如 Peri-Colace®、Colace®、Senekot® 或 MiraLAX®) 服用, 并确实饮用液体, 保持身体水分充足。如果您容易便秘, 可以服用这些药物作为预防措施。在您规律排便之后, 或者, 如果您有腹泻的情况, 请停止服用软便剂。 If you are constipated, take a stool softener from a pharmacy (like Peri-Colace®, Colace®, Senekot®, or MiraLAX®), and make sure to drink fluids and stay hydrated. If you tend to get constipation, you may take it as prevention. Stop taking the stool softener after you have regular bowel movements, or if you're having diarrhea.

我什么时候应该打电话寻求帮助? When should I call for help?

如果您有以下任何症状, 请联系办公室:

Contact the office if you have any of the symptoms below:

- 腿部或小腿严重肿胀或疼痛 (这可能是深静脉血栓或腿部血块的迹象 Severe swelling or pain in your leg or calf (this could be a sign of a deep vein thrombosis, or a clot in your leg)
- 大量出血渗透您的敷料, 且渗血范围持续扩大 Heavy bleeding that soaks through your dressing and increases in size
- 您敷料中的夹板摩擦到您的皮肤 You have a splint as part of your dressing that is rubbing on your skin
- 脚趾呈现蓝色或白色 Blue or white toes

- 这是脚部血液循环不良的征兆。试着抬高您的脚趾，看看颜色是否有所改善。如果没有，请打电话给我们。 This is a sign of a lack of blood flow to the foot. Try elevating your toes to see if the color improves. If not, call us.
- 发烧超过 101.5 °F Fever greater than 101.5 °F
 - 手术后的头几天出现轻微发热是很常见的情况，而且通常不表示您有感染。每小时做几次深呼吸，直到您更灵活，可能有助于预防或减轻发烧 It's very common to have a small fever the first few days after surgery, and it's unlikely that it means you have an infection. Taking a few deep breaths every hour until you are more mobile may help prevent or reduce your fever
- 严重疼痛（手术后的第一晚之后），使用止痛药后仍未改善。 Severe pain (after the first night of surgery) that does not improve with pain medication.

联系信息是什么？ What is the contact information?

如果您有上述任何问题或其他紧急问题，请联系我们。如果您是为了药物续药与我们联系，请注意，我们的办公室将需要最多 24 小时来完成续药。如果您有非紧急的问题，请将它们写下来并在您下次约诊时提出来。 If you have any of the problems above or any other urgent concerns, please contact us. If you are contacting us about a medication refill, please be aware that it will take up to 24 hours for our office to refill the prescription. If you have non-urgent questions, please write them down and bring them to your next appointment.

- 在周一至周五上午 8:00 至下午 4:30，请致电(734) 936-5780 联系我们办公室。 On Monday through Friday from 8:00 AM – 4:30 PM, call our office at (734) 936-5780

- 请不要在办公时间之外拨打办公室电话，因为没有人接听您的电话。如果您在下午 4:30 之后或在周末或假期有紧急问题，无法等到我们的办公室开放，请拨打 (734) 936-6267 联系传呼服务操作员，并要求他们呼叫值班的骨科住院医师。 Do not call the office after hours, as no one will be available to answer your call. If you have urgent concerns after 4:30 PM or on weekends or holidays that cannot wait until our office is open, call the paging operator at (734) 936-6267 and ask them to page the orthopedic resident on call.
- 如果您无法通过上述电话号码联系到任何人，或者如果您认为这是医疗紧急情况，请拨打 911 和/或前往最近的急救部门。 If you are unable to reach anyone through the phone numbers above, or if you think it's a medical emergency, please call 911 and/or go to the nearest emergency department

手术后我有什么复诊吗？

What follow-up appointments will I have after surgery?

通常您在手术后 1-2 周内会有一次复诊，然后在手术后 6 周再有一次约诊。这些约诊是必要的，因为它们是康复过程中非常重要的一部分。请提前规划，以确保您有交通工具前往复诊。 You will usually have a follow-up appointment 1-2 weeks after surgery, and then another appointment 6 weeks after surgery. These visits are required, as they are an important part of the recovery process. Please plan ahead to make sure you have transportation for your follow-up appointments.

免责声明：本文件所包含的信息和/或教学材料是由密西根大学健康中心为与您病情类似的典型患者所撰写的。文中的链接可能连接到并非由密西根大学健康中心所创建的网络内容，密西根大学健康中心对此内容不承担责任。本文件不可取代您的医疗保健提供者的医疗咨询，因为您的情况可能和典型患者有所不同。

如果您对此文件、您的病情或治疗方案有任何疑问，请与您的医疗保健提供者商谈。

Disclaimer: This document contains information and/or instructional materials developed by University of Michigan (U-M) Health for the typical patient with your condition. It may include links to online content that was not created by U-M Health and for which U-M Health does not assume responsibility. It does not replace medical advice from your health care provider because your experience may differ from that of the typical patient. Talk to your health care provider if you have any questions about this document, your condition or your treatment plan.

作者：James R. Holmes, MD, Paul G. Talusan, MD, David M. Walton, MD, Vandan Patel, MD

编辑：Brittany Batell, MPH MSW CHES®, Karelyn Munro, BA

Authors: James R. Holmes, MD, Paul G. Talusan, MD, David M. Walton, MD, Vandan Patel, MD

Edited by: Brittany Batell, MPH MSW CHES®, Karelyn Munro, BA 翻译：密西根医学部翻译服务

Translation: Michigan Medicine Interpreter Services

[密西根大学健康中心](#)病患教育是由 [Creative Commons Attribution-NonCommercial-ShareAlike 4.0](#)

[International Public License](#) 授权许可。最后修订日期 01/2025

Patient Education by [University of Michigan Health](#) is licensed under a [Creative Commons Attribution-NonCommercial-ShareAlike 4.0 International Public License](#). Last Revised 01/2025