



Home Care for Patients of Spinal surgery 脊椎手術病人出院的居家照護(英文)

By the time patients get discharged from the hospital, they are usually not fully recovered to their best physical condition from the spinal surgery because stitches have not been removed and patients often have trouble using collars and external fixations.

Purpose

To prevent further injuries of the surgical sites and to reduce possible risks, it is vital for patients to follow instructions given by the physicians.

Guidance for Wound Care

- While stitches removed,
 - Shower is acceptable; do dry your wounds immediately after the shower.
 - Putting beautifying tapes on your wound is all right; rather this is a choice made by the individual patient.
 - Constantly monitoring your wound to see if there is any redness and abnormal secretions.
- While stitches remained:
 - Keep the wound dry. Change bandages if the wound gets wet or secretion.
 - Observe the wound and watch out for redness, infection, secretion, and swollen heated painful condition.
 - Have stitches removed 7~14 days later.

Guidance for External Fixation

Patients of back surgery would use external fixation for about one to three month after the surgery and it is important for them to remain a normal posture. Watch out for the following postures: while

1. Standing, maintain a straight posture for your spine, hold back your abdomen, and bend your knee slightly to reduce pressure rested on your spine. Try not to stand for a long time.
2. Sitting down, avoid soft and low chairs like sofas; instead use foot stool to lower pressure rested on your spine.
3. Lifting objects, keep the heavy objects to your chest and stand up slowly. Do not lift heavy objects and turn your body at the same time. Avoid heavy lifting if possible.
4. Putting on your shoes, avoid high-heels and flat bottom shoes are highly recommended.
5. Sleeping, use firm mattress.
6. Driving cars and riding on a bike, avoid bumps.
7. Taking a shower, do not bath.
8. Using external fixation, remove it when taking a shower and a sleep.

Guidance for using collar

Patients of cervical spine surgery would use collar for about one to three months in order to protect the surgical site. Be cautious about the following instructions:

1. Do not lift heavy stuff or objects.
2. Do not turn your head; turning your body is all right.
3. A week after the surgery, patients can remove the collar while taking a shower or sleeping in bed; adjustment can be made according to patients' individual condition.
4. While trying to get out of the bed, patients should lie on their side to ease the getting up position.