

石膏照護須知

Cast Care Instructions

1. When is the Hip Spica Cast Used(什麼情況下會使用髖部人字形石膏)?

The hip spica cast is used after surgical intervention for infants with developmental dysplasia of the hip (DDH). It helps maintain the hip in a flexed and abducted position to provide support and prevent redislocation. Typically, the cast is worn for 4 to 6 weeks, with regular follow-up visits for monitoring. (當寶寶有發展性髖關節發育不良，在手術介入治療後，即會使用髖部人字形石膏，使髖部維持屈曲、外展姿勢，提供支持作用，避免再次脫位。一般而言會使用 4-6 周，並須定期回診追蹤)。

2. Daily Care Instructions (日常生活注意事項):

(1) If the cast gets wet, wipe it gently with a warm towel, let it air dry slightly, then use a hairdryer on the cool setting to dry it completely.

(石膏弄濕時，可用溫毛巾擦拭，在空氣中暴露微乾後，使用吹風機冷風模式吹乾)

(2) For bathing, sponge baths are recommended. When washing the baby's hair, one person should hold the baby while another cleans the hair. (洗澡時，建議使用擦澡，洗頭時可由一人抱著，一人清潔)

(3) When changing diapers, first tuck a diaper of the original size inside the cast before changing. Check the diaper every 2 to 3 hours. (更換尿布時，可先將原尺寸尿布塞入石膏內，再進行更換，並須 2-3 小時巡視尿布)

(4) When sleeping, it is advised to slightly elevate the baby's head to prevent urine from leaking into the cast.

(睡覺時，建議頭部稍微墊高，避免尿液滲漏至石膏內)

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3. Precautions for Eating, Clothing, and Living (食衣住注意事項):

Diet (食)	Clothing(衣)	Living (住)
Small, frequent meals (少量多餐)	Wear loose-fitting clothes (穿著寬鬆)	Ensure home environment safety (注 意居家環境安全)

4. Important Reminders: **Five** Dos and **Three** Don'ts (注意**五**多**三**不要)

Do more

Give more touch and hugs; use toys to divert the baby's attention.

(多給予觸撫、擁抱，可利用玩具分散注意力)

Do more

Assess circulation every 2 hours: check for pallor, temperature changes, absence of pulse, and pain.

(多**每隔二小時**評估循環，蒼白、溫度脈搏消失、疼痛)

Do more

Assist with repositioning and turning every 2 hours.

(多**每隔二小時**協助翻身、更換姿勢)

Do more

Provide frequent muscle massages

(多給予肌肉按摩)

Do more

If there is no fluid restriction, encourage drinking more water to reduce constipation.


(若沒有限制水分攝取，可多喝水，以減少便秘)

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5. **Three** Don' ts (**三** 不要)

Do not give toys that are too small to prevent them from falling inside the cast.
(勿給予過小玩具，以免掉入石膏內)



If the skin inside the cast itches, do not use any objects to scratch inside the cast.(石膏內皮膚搔癢時，勿使用任何東西到石膏內抓癢)

Do not use talcum powder to avoid skin irritation.(勿使用爽身粉，避免造成皮膚刺激)



5. **Precautions After Cast Removal** (拆石膏後之注意事項)：

(1) Gently wash the skin with warm water; avoid scratching the skin with your hands.

(使用溫水輕柔清洗皮膚、勿用手抓皮膚)

(2) Use lanolin or lotion to moisturize the skin.

(可使用綿羊油、乳液潤滑皮膚)

(3) Pay attention to safety during activities.

(注意活動安全)

6. **Seek Immediate Medical Attention If Any of the Following Occur**(如果出現了以下情況，需立即就醫)：

(1) Severe swelling, persistent crying when touched (pain), paleness, or bluish discoloration of the fingers or toes beyond the cast.

(石膏固定的遠端指(趾)頭有極度腫脹、碰觸時寶寶哭鬧不停(疼痛)、蒼白、發紫)

(2) Cast is cracked or broken.

(石膏斷裂或粉碎)

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(3) Changes in consciousness, difficulty breathing, or other discomfort symptoms.

(出現意識改變、呼吸困難或其他不適症狀時)

(4) Feeling that the cast is too loose or too tight.

(感覺石膏變鬆或太緊)

(5) Foul odor or discharge coming from the cast.

(出現任何臭味或滲出液從石膏溢出)

7. References (參考資料):

Tu, S.-L. (2024). Care for Developmental Dysplasia of the Hip. *Changhua Nursing*, 31(1), 9 – 15.

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