

**Patient Information for Orthopedic Surgery**

**骨科手术的患者信息**

**Knee Arthroscopy/Meniscus Debridement 膝关节镜/半月板清创手术**

For instructional videos, please visit sportsrehab.ucsf.edu  
有关教学视频，请上网: sportsrehab.ucsf.edu

**Prior to surgery手术前:**

**Medications 药物:** Please fill your medication prescriptions prior to your surgery. Both narcotic and non-narcotic medications will be e-prescribed to your pharmacy. Check your After Visit Summery (AVS) for the location of your e-prescribed prescriptions.

药物: 请在手术前到药房去拿取你需要的处方药物。麻醉和非麻醉止痛药的处方都通过电子方式开到你的药房。检查你的访问后摘要小册（AVS）便会知道电子处方的药房地点。

**Temporary Handicap placard:** If you received a DMV form at your pre-operative visit, take this form to the DMV to receive your temporary placard. Do not mail it in as it takes a few weeks to process.

临时障碍停车招贴：如果你在你的手术前约预诊收到 DMV (加州汽车登记局) 的临时障碍停车招贴的表格，请带你的表格到DMV，为了接收你的临时障碍招贴。

Physical **Therapy 物理治疗:** Contact a physical therapist prior to your surgery to get an appointment scheduled. You want to begin physical therapy approximately 7-10 days following your surgery. You will receive a physical therapy prescription at your pre-operative visit or at your first post-operative appointment.

物理治疗:手术前，请安排物理治疗的约会。你需要手术后等7到10天才可以开始物理疗法。在你的手术前或第一次术后预约，你会收到你需要的物理治疗的疗法安排。

**Anti-bacterial body wash 抗菌沐浴露:** If you received a packet of Hibiclens at your pre-operative visit, remember to use it the night before or the morning of your surgery. Wash your **ENTIRE** body with the soap and rinse off. Do not use on your face, hair or genital area as it may cause dry skin. If you did not have a pre-operative visit, you can purchase Hibiclens or anti-bacterial Dial from a pharmacy.

抗菌沐浴露：如果你在手术前约见时收到一包希比肯斯药(抗菌沐浴露)，请记住在手术前的晚上或手术当日的早晨使用它。用肥皂洗整个身体，然后冲洗干净。不要(用抗菌沐浴露)洗你的脸，头发，或是生殖器部位，因为可能会导致皮肤干燥。如果您没有在手术前约见，则可以从药房购买一包希比肯斯药或其他抗菌液体(如 Dial牌抗菌液体)。

**Food/Water 食物/水:** Do not eat any food or drink any fluids, including water, after 12am the night prior to your surgery. Patients who do not follow this may experience a delayed or even cancelled surgery.

食物/水：手术前一天晚上12点后不要吃任何食物或喝任何液体，包括水。不遵循此规定的患者可能会令手术改期。

**Attire 衣服:** Wear loose comfortable clothing to the surgery center. We recommend loose sweats, athletic pants, or shorts that can easily slide over your leg and brace.

衣服：穿宽松舒适的衣服去手术中心。 我们建议您宽松，可以轻松滑过您的腿和撑腿框架的运动裤或短裤。

**MyChart:** If you have not already signed up for your UCSF MyChart, please refer to the back of your After Visit Summary (AVS) to register. This is an online portal that will enable you to access some of your medical records, request prescription refills, check appointment times and most importantly it allows you to send and receive messages from your surgeon.

MyChart**电子病历**: 如果你还没注册**UCSF MyChart****电子病历**，请查看”访问后摘要小册（AVS）”背后的说明进行注册。这是一个你可以查看一些医疗记录的网站，可以用它来请求补充处方，复查预约时间，最重要的是你可以接收外科医生的信息和电子邮件。



**On day of surgery 手术当天:**

**Ice 冰:** Use bag of ice, ice pack, frozen peas or cold therapy unit. Place over bandaged leg for 20 minutes every 1-2 hours to decrease pain and inflammation.

冰：使用冰袋，冷冻冰珠或冷疗机。每1-2小时在戴绷带的腿上放20分钟减轻疼痛和炎症。

**Pain Medication 止痛药:** When you are discharged from the surgery center, return home, eat a light meal and begin taking the pain medication as prescribed. Do not wait until you experience pain to start taking the medications as it takes 30-45 minutes to work. The first 2-3 days are the most painful, so continue with the medications as prescribed, but as pain decreases you can decrease the narcotic medication as tolerated. Avoid taking Tylenol while you are taking the narcotic medication as they both contain acetaminophen, which can be dangerous in high amounts.

止痛药：当你从手术中心出院回到家后，吃一顿餐，然后开始服用止痛药。不要等到痛时才开始服用止痛药，因为药物需要30-45分钟才能起作用。开头的2-3天是最痛的，所以要持续的按时服用止痛药。当疼痛减轻时，你便可以减少用药。服用药物时要避免服用泰诺尔，因为止痛药里面也有泰诺尔，服用太多泰诺尔可能会很危险。

**Eating 饮食:** Eat bland or liquid foods following surgery. The narcotic medication and/or the anesthesia medications may cause nausea or vomiting. Progress to your normal diet slowly over the 24 hours following surgery. Take narcotic and anti-inflammatory medications with food whenever possible.

饮食：手术后吃平淡或流质食物。药物可能引起恶心或呕吐。在手术后的24小时内，你可以慢慢地开始吃平常吃的食物。麻醉药和抗炎药与食物一起服用。

**Leg elevation:** It is normal to experience some swelling in the knee and lower leg. To decrease this, keep your leg elevated above the level of your heart as much as possible. Try to avoid placing a pillow behind the back of your knee as this may cause problems getting your knee to straighten. Place pillows or cushions under your heel instead. This is similar to the Knee Extension Bridging Exercise which one of your post-operative exercises.

腿抬高：膝关节出现红肿是正常的。为了减少炎症，请保持腿部抬高。避免在膝盖后放置枕头，因为这可能会引起问题。而，放在脚跟后。



**Post-Operative Instructions手术后指示**

**Post-op Day 1 and until Post-op visit 手术后第1天，直到复诊：**

**Surgical Dressing 手术敷料:** Keep the dressing on the surgical site until your first post-operative visit – usually about 5-9 days after your surgery. Do not remove the dressing or put ointment on your incision as this may increase the risk of post-operative infection.

手术敷料: 将敷料保持在手术部位，直到你第一次手术后复诊，通常在手术后约5-9天。切勿去除伤口上的敷料或敷上药膏，因为这可能会增加感染的风险。

**Bathing 洗澡:** You may sponge bath following surgery. You can also shower with a plastic garbage bag/tape around the leg, but you must keep the dressing absolutely dry as this may cause post-operative infection. Do not swim in a pool or the ocean until instructed by your surgeon.

洗澡: 你可以用海绵洗澡，也可以用塑料垃圾袋/胶布包在腿上淋浴， 不要弄湿外科敷料，因为这可能会增加感染的风险。除非你的医生告诉你可以，请勿在游泳池或海洋中游泳。

**Crutches拐杖:** Continue to use the crutches until your first post-operative visit or until instructed by your doctor. You are weight bearing as tolerated. If you are uncomfortable ambulating up or down stairs, go up or down on your rear end.

拐杖: 继续使用拐杖，直到你第一次手术后复诊或直到你的医生告诉你。

**Brace支架:** If you receive a brace, keep it locked-in-extension for the first 24 hours following surgery. Afterwards, you may unlock it and keep it unlocked until your first post-operative visit. Continue wearing the brace until your first post-operative visit or until instructed by your surgeon.

支架: 如果你收到支架，请在手术后的头24小时内将其保持锁定状态。之后，你可以解锁它，直到你第一次手术后复诊。继续用你的支架，直到你第一次手术后复诊或直到医生告诉你不需要用。

**Driving 开车:** Do not drive until instructed to do so by your surgeon and your have discontinued the narcotic pain medication.

开车: 你不得开车，直到你的医生说你可以和你不要使用麻醉止痛药。

**Post-Operative Exercises** **手术后锻炼:** Begin the post-operative exercises the day after surgery. Perform them at least 3 times per day and continue until you start physical therapy. Visit sportsrehab.ucsf.edu to review these exercises.

手术后锻炼**:** 手术后第二天你可以开始做运动锻炼。每天至少做3次运动，直到开始物理治疗。请到sportsrehab.ucsf.edu网站来练习这些运动。

**Please call the office if you have any of the following:**

Fever greater than 101.5°F or 38.5°C

Continuing drainage from the wound/dressing

Unrelenting pain

Excessive nausea/vomiting due to pain medication

Any other worrisome conditions

If you have questions, feel free to call 415.353.2808 or

your surgeon’s practice assistant Mon –Fri 8-5pm.

* For assistance afterhours or weekends call the office at 415.353.2808 and the answering service will assist you. **如果你有以下任何情况，请打电话给办公室**

发烧高于101.5°F或38.5°C

伤口/敷料持续流血水

持续的剧痛

止痛药引起的恶心/呕吐过多

任何其他令人担忧的情况

如果你有问题，打电话给415.353.2808或

你外科医生的执业助理 (周一–周五, 8a - 5p 工作)。  
在下班后或周末寻求帮助，请致电办公室415.353.2808，电话接听服务平台将为您提供帮助。





**Knee Arthroscopy/Meniscus Debridement**



**Post-Operative Exercises: Start the day after surgery术后锻炼：手术后第二天开始**

**Perform these exercises 3 times per day with the brace on 每天练3次（使用支架）**

1. **Quad Sets 四元组**. Tighten your quad muscles

and hold for 5 seconds. Perform 3 sets of

10 repetitions. When you tighten your

quad muscles, it will feel like your knee is

being pushed into the ground and

straightening. Make sure you do this with

your brace locked-in-extension.

四元组: 收紧四头肌并保持5秒钟。重复10次是一套，做3套。 当你收紧你的四肢肌肉，感觉就像要将您的膝盖推入地面并伸直了。 将您的支架确保固定在延伸中的位置。。



2. **Straight Leg Raises 抬高直腿**. Tighten your quad

muscle like in exercise 1, then lift your leg

about 24 inches off the ground and hold it

for 5 seconds then lower. Perform 3 sets

of 10 repetitions. Make sure you do this

with your brace locked-in-extension

抬高直腿: 收紧四头肌，然后抬起腿距地面约24英寸并保持持续5秒钟，然后降低。 执行3套10次重复。你这样做时确要保锁定伸展。

3. **Heel Slides 滑脚跟**. (bending the knee) Unlock

the brace and slide your heel toward your

buttock and hold for 5 sec, then straighten

out. This may be assisted by using a towel

to pull your foot. Perform 3 sets of 10

repetitions. Do not bend the knee beyond

90 degrees.

滑脚跟: 松开支架，将脚后跟滑向臀部并保持5秒钟，然后拉直。 可以用毛巾来辅助拉你的脚。 重复10次是一套，做3套。不要将膝盖弯曲超过90度。

4. **Knee Extension Bridging Exercise 伸膝架桥锻炼**   
 Roll a towel/pillow and place it under your heel with

Nothing under your knee/thigh. Hold this position

for 5 to 10 minutes. Gravity will slowly assist with

extending your knee. Alternatively, you can sit in a

chair and place your foot up on another

chair/ottoman.

伸膝架桥锻炼: 卷一条毛巾/枕头放在脚跟下，

膝盖下不要放任何东西。 保持这个位置持续5到

10分钟。重力会慢慢帮助伸展你的膝盖。 另外，

您也可以坐在椅子，而将脚放在另一只脚上，椅子/

矮凳。



5. **Calf Pumps 小腿泵**. Move both ankles up and down,

Perform 10 repetitions every 1-2 hours until

you are up and around regularly. This

encourages blood flow in the lower legs and

helps reduce the risk of blood clots (DVT).

小腿泵: 上下移动脚踝，每1-2小时重复做10次，直到您会经常到处走动。 这能促进小腿的血液流动，有助降低血栓（DVT）的风险。