

 **Patient Information for Orthopedic Surgery**

**骨科手术的患者信息**

**Rotator Cuff Tear Repair**
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。

**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 appointment 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。

**Daily activities 日常活动:** If you are having surgery on your dominant extremity, it is good to practice doing daily activities, personal hygiene, dressing yourself with your non-surgical limb.

日常活动：如果你惯用的手的那边肩膀要做手术，那你应在手术前试用你的另一只手去学做日常活动并用没有做手术的手打扮自己。

**Clothing 衣服:** We recommend loose or button-up tops. While keeping your arm at your side, slide the top up your surgical arm first, then get your non-surgical arm in second. Perform the opposite when getting undressed, get your non-surgical arm out first, and then slide the top down your surgical arm.

衣服：我们建议你穿宽松前面纽扣的衣服。穿衣服时，将做了手术的手臂垂在身边，先将衣袖从下滑上这只手臂，然后才将没有做手术的手臂穿上衣袖。在脱衣服时，请做相反的动作，先将没有做手术手臂的衣袖脱掉，然后在做了手术的臂将衣袖顶部向下滑出。

**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。

**MyChart 电子病历:** 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 treating physician or 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 shoulder for 20 minutes every 1-2 hours to decrease pain and inflammation. If you don’t feel like the ice is penetrating the surgical dressing, discontinue until after your post-operative appointment when the bandages are removed.

使用冰袋，冷冻冰珠或冷疗机。每1-2小时在戴绷带的肩膀上放20分钟减轻疼痛和炎症。如果你感觉冰不渗透手术位的绷带包扎，可以暂时停止使用，直到你术后复诊去除绷带后。

**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 causes 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。



**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就诊。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 carefully shower using a handheld shower head, but be very careful that you DO NOT get your surgical dressing wet as this may increase the risk of 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，但必须保持手臂的吊带，也可以用手持花洒头仔细洗澡，但不要弄湿外科敷料，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。

**Sling 手臂吊带:** Continue to use the sling until your first post-operative appointment. You will wear the sling for 6 weeks following surgery. You should wear the sling almost 24 hours per day, unless you are getting dress/undressed, when bathing, or when performing your post-operative exercises.

手臂吊带:继续使用手臂的吊带，直到你第一次术后复诊。手术后您要用吊带6星期。除非你要穿衣服/脱衣服或进行术后运动，否则你每天24小时都需要用吊带。

**Restrictions 限制:** Keep your arm at your side when out of the sling, DO NOT actively raise your elbow away from your side as this places stress on the surgical repair. It is OK to write/type with your hand, you can bend your elbow to assist with buttoning up shirts/pants. Do not hold anything that weighs more than your cell phone.

限制条件：请将没有用吊带的手臂放在身边，不要主动将肘部抬离身边，因为这会给手术修复部位压力。你可以用手打字或书写, 您可以弯曲肘部以帮助扣紧衫/裤的纽扣子。但你不能拿着比手机重的物件。

**Sleeping睡觉:** You must wear the sling when sleeping at night. The most comfortable position tends to be semi reclined such as propped up in bed with pillows or in a reclining chair. You can return to a flat bed when you feel comfortable to do so.

睡觉：睡觉时候，你必须穿你的吊索。如果你愿意，可以回到平床

**Driving 开车:** You are not allowed to drive for 6 weeks until you are discharged from wearing the sling and have discontinued using the narcotic pain medication.

开车: 你不得开车6星期，直到你不需要穿你的吊索和使用麻醉止痛药。

**Post-Operative Exercises** **手术后锻炼:** Begin the post-operative exercises the day after surgery. Perform them 5 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，你可以开始做运动锻炼。每天做5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。



**Post-Operative Exercises 术后锻炼:**

**Start the day after surgery. Perform these exercises 5 times per day.**术后第二天开始每天做5次这些运动**。**

1. **Scapula Squeeze**. Keeping the sling on, squeeze

shoulder blades back and together. Hold your 10

seconds and return to starting position and repeat

10 times.

穿上吊带，往后挤压肩胛骨并拢10秒，然后返回起点，重复做10次。



2. **Ball Squeezes**. Keeping the sling on, squeeze ball
20-30 times to help with circulation and swelling.

球挤压。保持穿上吊带，将球挤压20-30次以帮助血液循环和消肿。

3. **Elbow range of motion**. Remove the sling completely. With arm hanging at your side, slowly

bend and straighten your elbow as far as tolerated.

Repeat 10 times.

肘部运动范围。 完全地卸下吊带。手臂垂在你的身边，慢慢地弯曲并拉直肘部，直到可以忍受的程度。重复10次。



4. **Shoulder range of motion** 肩运动范围. Remove sling

completely. Using your non-surgical arm to support the

forearm of your surgical arm, passively raise the surgical

arm forward. Go as far as tolerated, do not force through

the pain and do not raise arm more than shoulder height

(90 degrees).Sometimes it is easier to perform this

exercise lying on your back or with assistance.

肩运动范围。 卸下吊索。 用非手术手臂支撑手术臂的

前臂，向前抬高手术臂。 继续，直到开始感到有点

痛苦（不超过90度）。 你可以在别人的辅助下或仰卧

做此锻炼。