



患者及照护者教育

# 手术或医疗程序前后避免跌倒的小贴士

本视频演示了如何在手术前后避免跌倒。



Please visit [www.mskcc.org/zh-hans/cancer-care/patient-education/video/tips-to-avoid-falling-before-and-after-your-surgery-or-procedure](http://www.mskcc.org/zh-hans/cancer-care/patient-education/video/tips-to-avoid-falling-before-and-after-your-surgery-or-procedure) to watch this video.

If you have questions or concerns, contact your healthcare provider. A member of your care team will answer Monday through Friday from 9 a.m. to 5 p.m. Outside those hours, you can leave a message or talk with another MSK provider. There is always a doctor or nurse on call. If you're not sure how to reach your healthcare provider, call 212-639-2000.

有关更多资源，请访问 [www.mskcc.org/pe](http://www.mskcc.org/pe)，在我们的虚拟图书馆中进行搜索。

Tips To Avoid Falling Before and After Your Surgery or Procedure - Last updated on September 19, 2023

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