

Gall Bladder Removal Surgery

Surgery to remove your gall bladder is called **cholecystectomy**. The gall bladder is an organ on the right side of your upper abdomen. The gall bladder may need to be removed when there are stones in it or in the duct leading from the gall bladder. The stones may cause swelling or infection.

There are two ways to do this surgery. Ask your doctor which way your surgery will be done.

- **Laparoscopic gall bladder removal surgery**

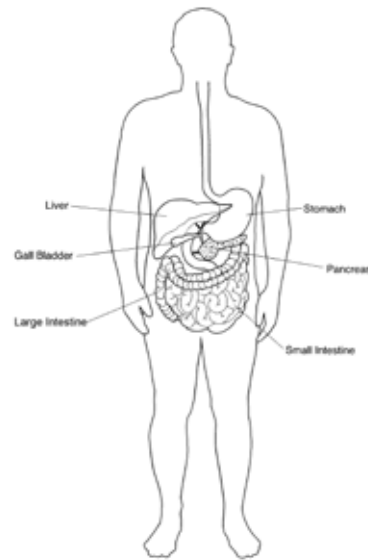
Three or four small incisions are made in the abdomen. The doctor uses a camera and tools through the incisions to remove the gall bladder. With this type of surgery, you may recover faster, have less pain, less scarring and fewer wound problems. Often you will go home within 24 hours after surgery.

- **Open gall bladder removal surgery**

A larger incision is made below the ribs on the right side of the abdomen. The doctor works through this incision to remove the gall bladder. You may stay in the hospital for up to 3 days after surgery.

To Prepare

- Tell your doctor all the medicines you are taking. Be sure to include any prescription or over the counter medicines, vitamins and herbs.
- You may be told **not to take any aspirin or ibuprofen** a few days before your surgery.
- Ask your doctor if you are to take any of your medicines the morning of your surgery. If so, take with small sips of water only.
- Do not eat or drink anything, including water, after midnight the night before your surgery.
- If you have any allergies to medicines, foods or other things, tell the staff before your surgery.



胆囊摘除手术

摘除胆囊的手术称为**胆囊切除术(cholecystectomy)**。胆囊是位于腹部右侧的一个器官。如果胆囊内部或胆管内有结石，则可能需要摘除胆囊。结石可能导致肿胀或感染。

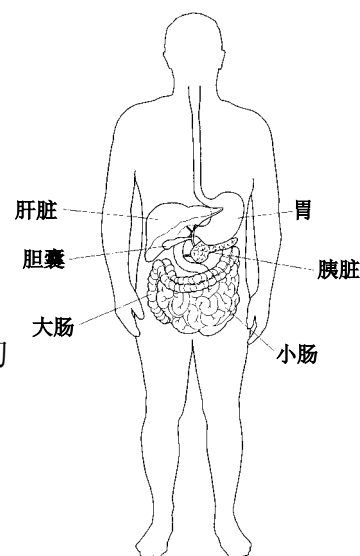
胆囊切除术有两种方式。请咨询医生咨询采取何种方式最佳。

- **腹腔镜胆囊摘除手术**

在腹部开3 或4个很小的切口。医生通过这些小切口，使用摄影头和工具摘除胆囊。采用这种手术可以使康复更快、疼痛更少、疤痕较少，并且伤口出现的问题也较少。通常在手术后24 小时内即可回家。

- **开腹胆囊摘除手术**

在腹部右侧肋下开一个较大的切口。医生通过这个切口，摘除胆囊。手术后，可能需要住院最长达三天。



准备工作

- 向医生说明正在服用的所有药物。务必要包括任何处方药物、非处方药物、维生素和草药。
- 可能会要求您在手术前数天**禁服阿司匹林或布洛芬**。
- 询问医生，手术当天上午是否须服用任何药物。如果需要，服药时须仅用少量水送服。
- 手术前一天，午夜后不要吃东西或喝饮料（包括水）。
- 如果对药物、食物或其它物品过敏，手术前须向医护人员说明。

During Surgery

- You will wear a hospital gown.
- An IV (intravenous) tube or catheter is put into a vein in your arm for giving medicine and fluids.
- You are taken on a cart to the surgery room. You are helped onto the surgery table. A belt may be put over your legs for your safety.
- You will be given medicine so you will sleep through the surgery. The medicine is given through the IV or by using a face mask.
- Your abdomen is cleaned and sheets are put over you to keep the area clean.
- The incision(s) are made.
- Your gall bladder is removed.
- The incision(s) are closed with stitches, staples or special tapes called steri-strips.
- A bandage is put over the stitches or staples.

After Surgery

In the Hospital

- You are taken to the recovery room where you are watched closely until you wake up and are doing well.
- Your breathing, blood pressure and pulse are checked often.
- Your doctor will talk to you about your surgery.
- If you are going home the day of surgery, the medicines given during the surgery will make you sleepy. You will need to have an adult family member or friend take you home for your safety.
- If you have the large incision, you will be taken to your hospital room. You may have a drain in place near your incision. This will be checked and emptied by the nursing staff. Often the drain is removed before you leave the hospital.

手术程序

- 会让您换上医院的袍子。
- 手臂上插入静脉注射导管，来注射药物和输液。
- 躺在手推车上被推进入手术室。由人把您扶上手术台。为安全起见，可能用带子固定您的腿。
- 会给您麻醉药，让您在手术过程中处于睡眠状态。麻醉药通过静脉注射或面罩给药。
- 清洁腹部，并用布盖在身上，以保持手术部位的清洁。
- 切口。
- 摘除胆囊。
- 用缝合线、缝合器或特殊胶条（免缝胶条）封闭切口。
- 用绷带包扎缝合处或缝合器。

手术后

住院期间

- 您会被送到恢复室以接受密切的观察，直至苏醒并且状况良好。
- 会经常查看您的呼吸、血压和脉搏。
- 医生会向您介绍手术情况。
- 如果在手术当天回家，手术过程中施用的药物可能让您昏昏欲睡。为了您的安全，需要有家属或朋友送您回家。
- 如果刀口很大，会送您去病房。刀口旁可能会放置排液管。护理人员会检查和清理该管条。出院前，通常会将其取出。

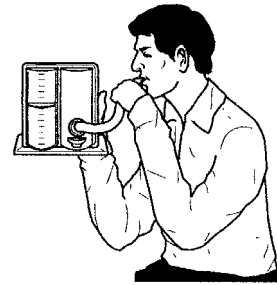
At Home

- Rest. Increase your activity each day.
- Take your medicines as directed by your doctor.
- Call your doctor to schedule a follow-up visit.
- **You can take a shower 2 days after your surgery. Do not** take a tub bath for one week after your surgery.
- If you have a bandage over your incision, it will be removed after the second day. You do not need to replace the bandage unless you were told to do so by your doctor or nurse. The nurse will teach you to change the bandage if needed. **If you have steri-strips** over your incision, leave them alone. They should fall off on their own in 7 to 10 days.
- Neck or shoulder pain after the laparoscopic surgery is common from the air that was put into your abdomen during surgery. Rest and use heat on your shoulder to ease the pain. Raise your head and shoulders up on several pillows.
- It may be hard for you to have a bowel movement after surgery. Walking and eating high fiber cereals, beans, vegetables and whole grain breads will help. Drinking prune juice may also help.

- You may be taught to do deep breathing and coughing exercises to keep you from getting a lung infection after surgery. Deep breathe and cough every hour while you are awake and if you wake up during the night. Use a pillow or folded blanket over your incision for support when you deep breathe and cough.



Coughing



Incentive spirometer

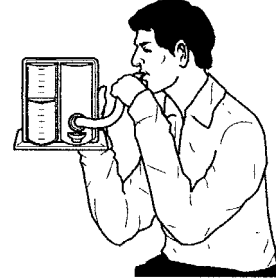
- **Do not** lift objects over _____ pounds for _____ days.
- **Do not** drive until your doctor tells you that you can. Be sure you are no longer taking prescription pain medicine when you start driving.
- Talk to your doctor or nurse about other activity limits, such as returning to work or walking up stairs.

在家中

- 休息。每天逐渐增加活动量。
- 遵医嘱服用药物。
- 打电话给医生，以安排复诊。
- **手术2天后可洗淋浴。**手术后一周内，**切勿**盆浴。
- 如果刀口有绷带，手术后次日将拆除绷带。除非医生或护士有指示，否则不需要换绷带。如果有必要，护士会教您如何换。如果在刀口处**使用免缝胶条**，不要动该胶条。免缝胶条应在7至10日内自行脱落。
- 腹腔镜手术后如果出现颈部或肩膀疼痛是正常的，原因是手术中向腹内注入了气体。多休息，热敷肩部以缓解疼痛。用几个枕头垫高头部和肩膀。
- 手术后，您可能大便会困难。走动，吃高纤维谷物、豆类、蔬菜和全麦面包均有助于缓解大便困难。此外，喝梅汁也可缓解大便困难的问题。
- 为防止手术后发生肺部感染，您可能需要学做深呼吸和咳嗽练习。不睡觉时，每小时做一次深呼吸和咳嗽，夜晚醒来时也要做。深呼吸和咳嗽时，用枕头或用毯子折起来盖在手术刀口上作为支。
- 手术后_____天内，**切勿**提举超过_____磅的重物。
- 获得医生准许前，**切勿**驾车。开始驾车后，切勿服用止痛的处方药物。
- 问医生或护士是否应限制其它活动，例如恢复上班或上下楼梯。



咳嗽



激励式肺活量计

Call your doctor right away if you have:

- Pain in your abdomen or shoulder area that does not go away or gets worse
- Increased redness, bruising or swelling
- A fever over 101 degrees F
- Vomiting
- Chills, a cough, or you feel weak and achy
- Skin that is itchy, swollen skin or has a rash
- Trouble having a bowel movement or have diarrhea often

Call 911 right away if:

- Your incisions come apart or you start bleeding.
- You have trouble breathing all of a sudden.
- You have chest pain.

Talk to your doctor or nurse if you have any questions or concerns.

如果出现以下情况，立即致电医生：

- 腹部或肩部疼痛持续不退或恶化
- 发红、瘀伤或肿胀加剧
- 发烧超过摄氏38度（华氏101度）
- 呕吐
- 畏寒、咳嗽或感到虚弱和头痛
- 皮肤搔痒、肿胀或出现皮疹
- 大便困难或经常腹泻

如果有以下情况，立即致电911：

- 刀口迸裂或出血。
- 突然呼吸困难。
- 胸痛。

如果有任何疑问或担心，请咨询医生或护士。

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