

Home Care Instructions after Surgery

These are common instructions for your care after surgery. Based on your needs, your doctor may give you other instructions. **Follow the instructions given to you by your nurse or doctor.**

If you go home within 24 hours of surgery:

- You must have an adult drive you home from the hospital and stay with you for 24 hours.
- Rest for the first 24 hours. You may feel dizzy, lightheaded and tired. This is common and should get better by the next day.
- **Do not** drive, operate machinery or make important personal or legal decisions or sign legal forms for 24 hours.

Medicines

- Take your medicines as ordered.
- You may have pain after surgery. Take your pain medicines as ordered. If your pain is not managed, your recovery will take longer. It often helps to take pain medicine before activity or before the pain gets too bad. If your pain gets worse or is not controlled with medicine, call your doctor.
- If you have diabetes, your blood sugar may be higher than normal after surgery. You may need to check your sugar levels more often and report them to your doctor. If your blood sugars are high, check with your doctor to see if you should change any of your diabetes medicines.

手术后的家庭护理注意事项

以下是患者手术后的普通注意事项。根据患者的需求，医生可能还会有其它指示。**务必遵守医生或护士指示。**

如果在手术后24小时内回家：

- 必须安排成年人驾车送您回家，并陪伴您24小时。
- 休息24小时。患者可能会感到眩晕、头昏和疲乏。这是常见现象，次日即会好转。
- 出院后24小时内**切勿**驾车、操作机械、作出重要的个人或法律决定或签署法律文书。

药物

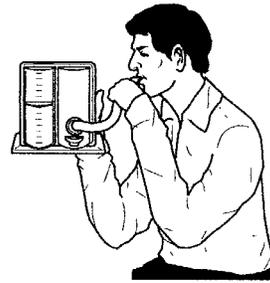
- 遵医嘱服药。
- 手术后可能会感到疼痛。应该遵医嘱服用止痛药。如果不控制疼痛，康复时间可能会延长。通常最好在活动或疼痛加剧之前服用止痛药。如疼痛加剧或服药后未见好转，请致电医生。
- 糖尿病患者手术后的血糖可能会高于平时。患者可能需要增加血糖检查次数，并向医生报告结果。如果血糖高，应该询问医生是否要调整任何糖尿病药物。

Activity

- You may need assistive equipment such as a walker or cane while you recover. If so, the staff will teach you how to use it.
- Avoid activity that puts stress on your incision for at least 6 weeks.
- If you had abdominal or chest surgery, support your incision with a pillow or blanket when moving or coughing.
- If you were taught how to cough and deep breathe or use an incentive spirometer in the hospital, you should continue to do this at home for the next 10 to 14 days.



Coughing



Incentive spirometer

- Do not lift more than 10 to 15 pounds for the first 2 weeks. When lifting objects, keep your back straight and lift with your legs.
- Walking is encouraged. Gradually build up the length, time and distance you walk each day.
- Staying active and walking help prevent blood clots that can form after surgery. To prevent blood clots, your doctor may also have you do ankle pumps or other exercises, wear special stockings or take injections to thin your blood.
- You may go up and down stairs. Take them slowly and ask for help if needed.
- Do not drive, return to work, resume sexual activity, play sports or do heavy activity until allowed by your doctor.



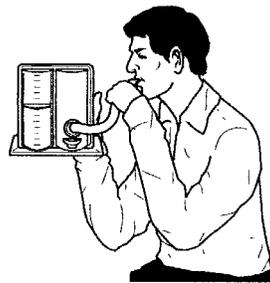
Ankle pumps

活动

- 康复期间可能需要辅助设备，例如助行器或拐杖。医护人员会教您如何使用。
- 至少6周内避免从事压迫刀口的活动。
- 腹部或胸部手术患者，走动或咳嗽时要用枕头或毯子支托刀口。
- 如果在医院学习了如何咳嗽以及深呼吸或使用激励式肺活量计，在家中也照样做，持续时间是10至14天。



咳嗽以及深呼吸



激励式肺活量计

- 手术后前2周内，切勿提举超过10至15磅的重物。提举重物时，应该挺直后背，使用腿部力量。
- 建议走路。逐渐延长每天走路的长度、时间和总距离。
- 保持活动和走路有助于防止手术后发生血凝块。为了防止血凝块，医生还可能会让您做踝泵运动或其它运动，并让您穿特制的长袜或注射药物来降低血液粘度。
- 可以上下楼梯。动作要慢，必要时请人搀扶。
- 未获得医生允许前，切勿驾车、上班、恢复性生活、参加体育运动或从事重体力活动。



踝泵运动

Diet and Bowels

- It is common to have mild nausea or vomiting after surgery. If you have nausea, start with clear liquids and light foods such as toast, rice or noodles. Then you can eat your normal diet when the nausea goes away. Avoid foods that cause you discomfort.
- Do not drink alcoholic beverages for 24 hours after surgery or while you are taking prescription pain medicine.
- To help avoid constipation, eat fruits, vegetables and whole grains and drink 6 to 8 glasses of water each day. Stool softeners or a mild laxative may be needed if you do not have a bowel movement within 3 days after your surgery. Call your doctor for more instructions.

Incision Care

- If you have a dressing or bandage on your incision, your nurse will tell you when you can remove the dressing. If you need to keep a dressing on your incision, you will be taught how to change it.
- If you have stitches or staples on your incision, they will be removed in the doctor's office in about 7 to 14 days.
- If you have small paper-like strips, called steri-strips, on your incision, they will fall off in 7 to 10 days. The staff may remove them at your first follow up doctor's visit.
- To prevent an infection in your incision, keep it dry and clean. Each day, wash it with soap and water then gently pat it dry. Do not put lotions or powders on your incision.
- If you go home with a drain, your nurse will teach you how to care for it.
- You can shower but do not take a bath, swim or get in a hot tub until allowed by your doctor.

饮食和大便

- 轻微的恶心或呕吐是术后常见现象。如果恶心，可先食用流质和口味淡的食物，例如烤面包、大米或面条。在恶心感消退后，正常进食。避开引起不适的食物。
- 手术后24小时或服用处方止痛药期间，切勿饮酒。
- 为防止便秘，要多吃水果、蔬菜和全谷物食品，每天饮水6至8杯。如果手术后3天内无大便，可能需要使用大便软化剂或轻度泻剂。其它注意事项，请致电医生。

刀口护理

- 如果刀口上有敷料或绷带，护士会告诉您何时将其拆除。如果刀口需要长时间使用敷料，医生会教您如何换药。
- 如果刀口有缝线或缝针，手术后7至14日内在医生的诊所拆除。
- 如果刀口用小纸胶条（称为免缝胶条）封口，会在手术后7至10日内自动脱落。手术后第一次复诊时，护士可拆除胶条。
- 为防止刀口感染，要保持刀口干燥和清洁。每天用肥皂和水清洗刀口，然后轻轻拍干。切勿在刀口涂抹软膏或爽身粉。
- 如果术后回家时身上带有导管，护士会教您如何护理导管。
- 可以淋浴。但是未经医生允许前，切勿盆浴、游泳或进入热水澡盆。

Call your doctor right away if you have:

- Increased bleeding, drainage, swelling or redness at the incision
- A fever over 100.5 degrees Fahrenheit or 38 degrees Celsius
- Sudden, severe pain or pain not relieved by medicine
- Nausea or vomiting lasting more than 12 hours

Call 911 right away if you have:

- Numbness, tingling or color change of a leg or arm
- A hard time breathing
- Chest pain

If you are not able to contact your doctor or if your symptoms are severe, call 911.

如果有以下症状，要立即致电医生：

- 刀口分泌物或出血增加
- 发烧超过摄氏38度（华氏100.5度）
- 突然发生剧烈疼痛，或服药后疼痛无缓解
- 恶心或呕吐持续超过12小时

如果有以下症状，要立即致电911找医生：

- 腿或臂麻木、有针刺感或变色
- 呼吸困难
- 胸痛

如果无法与医生联络或出现严重症状，请致电911。

2008 – 1/2013 Health Information Translations

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Home Care Instructions after Surgery. Simplified Chinese