

# 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.

# 手術後的家庭護理注意事項

以下是患者手術後的一般注意事項。根據患者的需求，醫生可能還會有其他指示。**務必遵守醫生或護士的指示。**

## 如果在手術後24小時內回家：

- 必須安排成年人駕車送您從醫院回家，並陪伴您24小時。
- 前24小時要休息。患者可能會感到眩暈、頭昏和疲乏。這是常見現象，第二天會好轉。
- 出院後24小時內切勿駕車、操作機械、作重要的個人或法律決定或簽署法律文件。

## 藥物

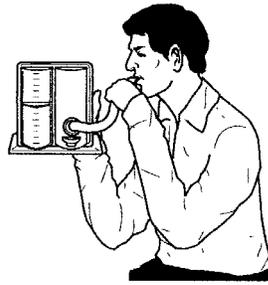
- 遵醫囑服藥。
- 手術後可能會感到疼痛。應該遵醫囑服用止痛藥。如果不控制疼痛，康復時間可能會延長。通常最好在活動或疼痛加劇之前服用止痛藥。如疼痛加劇或服藥後未見好轉，請致電醫生。
- 糖尿病患者手術後的血糖可能會高於平時。患者可能需要增加血糖檢查次數，並向醫生報告結果。如果血糖高，應該詢問醫生是否要調整任何糖尿病藥物。

## 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.



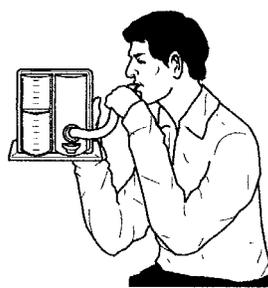
**Ankle pumps**

## 活動

- 身體恢復期間可能需要輔助設備，例如助行器或拐杖。醫護人員會教您如何使用。
- 至少6週內避免從事壓迫刀口的活動。
- 如果是腹部或胸部手術，患者走動或咳嗽時要用枕頭或毯子托住刀口。
- 如果在醫院學習了如何咳嗽以及深呼吸或使用激勵式肺活量計，在家中也要繼續做，時間是10至14天。



咳嗽以及深呼吸



激勵式肺活量計

- 手術後前2週內，切勿提舉超過10至15磅的重物。提舉重物時，應該挺直後背，並使用腿部力量。
- 建議走路。逐漸增加每天行走的長度、時間和總距離。
- 保持活動和走路有助於防止手術後發生血凝塊。為了防止血凝塊，醫生還可能會讓您做踝泵或其他運動，並讓您穿特製的長襪或注射藥物來降低血液粘度。
- 可以上下樓梯。動作要慢，必要時要請人攙扶。
- 未獲得醫生允許前，切勿駕車、上班、恢復性生活、參加體育運動或從事重體力活動。



踝泵運動

## **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.

## 飲食和大便

- 輕微的噁心或嘔吐是術後常見現象。如果噁心，可先進食流質和清淡的食物，例如烤麵包、米粉或麵條。在噁心感消退後，正常進食。避開會引起不適的食物。
- 手術後24小時或服用處方止痛藥期間，切勿飲酒。
- 為防止便秘，要多吃水果、蔬菜和全穀物食品，每天飲水6至8杯。如果手術後3天內無大便，可能需要使用大便軟化劑或輕度瀉劑。要知道其他注意事項，請致電醫生。

## 刀口護理

- 如果刀口上有敷料或繃帶，護士會告訴您何時拆除。如果刀口需要長時間使用敷料，醫生會教您如何換藥。
- 如果刀口有縫線或縫針，手術後7至14日內在醫生的診所拆除。
- 如果刀口用小紙膠條（稱為免縫膠條）封口，該膠條會在手術後7至10日內自動脫落。手術後第一次復診時，護士可拆除膠條。
- 為防止刀口感染，要保持其乾燥和清潔。每天用肥皂和水清洗刀口，然後輕輕拍乾。切勿在刀口塗抹軟膏或爽身粉。
- 如果術後回家時身上帶有導管，護士會教您如何處理。
- 可以淋浴。但是未經醫生允許前，切勿盆浴、游泳或進入熱水澡盆。

## **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.**

**如果有以下症狀，要立即致電醫生：**

- 刀口分泌物或出血增加
- 發燒超過攝氏38度（華氏100.5度）
- 突然發生劇烈疼痛，或服藥後疼痛無法緩解
- 噁心或嘔吐持續超過12小時

**如果有以下症狀，要立即致電911找醫生：**

- 腿或臂麻木、有針刺感或變色
- 呼吸困難
- 胸痛

**如果無法與醫生聯絡或出現嚴重症狀，請致電911。**

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Home Care Instructions after Surgery. Traditional Chinese.