

Your Hospital Care after Surgery

After your surgery, you will wake up in the Recovery Room. The nurse will check you often and give you pain medicine. When you are awake, you will be taken to your hospital room.

First Hours after Surgery

- Your family will be able to visit you when you are in your room.
- Your temperature, blood pressure, pulse and breathing rate will be checked often by the nursing staff. You may also have a clip on your finger that checks the amount of oxygen in your blood.
- Your nurse will check your dressing and the drainage from your incision.
- If you are not comfortable, let your nurse know.
- Tell your nurse right away if your incision swells or bleeds, or if you feel pain, numbness or tingling in your leg or arm.
- You may have oxygen and a heart monitor in place for a few hours.
- You may have a tube to drain urine from your bladder or other tubes to drain fluids. These tubes are most often removed before you go home. If the tubes are to be left in when you go home, you will be taught how to care for them.
- An EKG, chest x-ray or blood tests may be done.
- Your doctor will talk to you about your surgery.

IV (Intravenous) Fluids and Antibiotics

- You will receive fluids through an IV tube into your veins for a short time. The IV will stay in place until you are able to drink fluids well after your surgery. If you are getting medicine through the IV, you might have it in place for a longer time.
- You may receive antibiotics to prevent you from getting an infection.

Bolnička njega nakon operacije

Poslije operacije ćete se probuditi u sobi za oporavak. Medicinska sestra će vam često dolaziti u kontrolu i davati lijek protiv bolova. Kada budete budni, odvest će vas u vašu bolesničku sobu.

Prvi sati nakon operacije

- Vaša porodica će vas moći posjetiti kada pređete u bolesničku sobu.
- Zdravstveno osoblje će vam često kontrolisati temperaturu, krvni pritisak, puls i brzinu disanja. Možda će vam na prst staviti štipaljku kojom se kontroliše količina kisika u krvi.
- Medicinska sestra će vam kontrolisati zavoje na rani i dren.
- Ako vam je neudobno, obavijestite medicinsku sestru.
- Smjesta obavijestite medicinsku sestru ukoliko vam rez počne oticati ili krvariti, ili ako osjetite bol, obamrlost ili štipkanje u ruci ili nozi.
- Nekoliko sati možete biti priključeni na aparat sa kisikom i monitor za mjerenje otkucaja srca.
- Možda će vam u mokraćni kanal staviti cjevčicu (kateter) za pražnjenje urina ili neke druge cjevčice za odvod tečnosti. Često se ove cjevčice uklone prije otpusta iz bolnice. Ukoliko cjevčice trebaju ostati i kada odete kući, zdravstveno osoblje će vam dati upute kako da s njima postupate.
- Možda će vam se uraditi EKG, rentgensko snimanje pluća ili nalazi krvi.
- Vaš ljekar će sa vama porazgovarati o urađenoj operaciji.

Infuzija i antibiotici

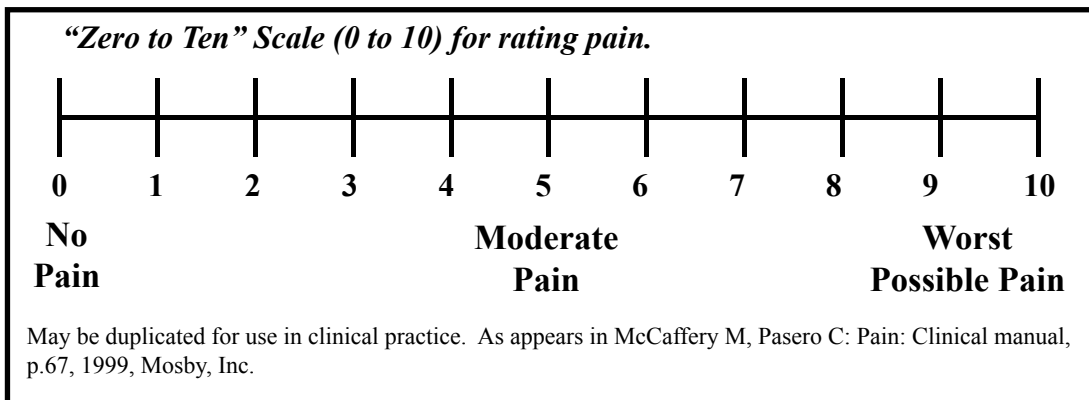
- Određeno vrijeme vaš organizam će dobijati tečnost preko cjevčice koja se stavlja u venu. Infuziju ćete primati sve dok neometano ne budete mogli uzimati tečnost nakon operacije. Ukoliko primete lijek s infuzijom, može se desiti da ćete cjevčicu nositi duži vremenski period.
- Može se desiti da ćete dobijati antibiotike kako bi se spriječila pojava infekcije.

Incision

- Your incision will be covered with a dressing. Your doctors and nurses will check your dressing and change it as needed. As the incision begins to heal, the dressing will get smaller.
- Your incision will be closed with sutures, staples or special tapes called steri-strips. These will be removed in 7 to 14 days on a follow-up visit to your doctor.
- Your nurse will teach you how to care for your incision.

Pain Control

- We will try to keep you comfortable. The nurse will ask you about your level of pain on a 0 to 10 scale, with 0 being no pain and 10 being the worst pain.

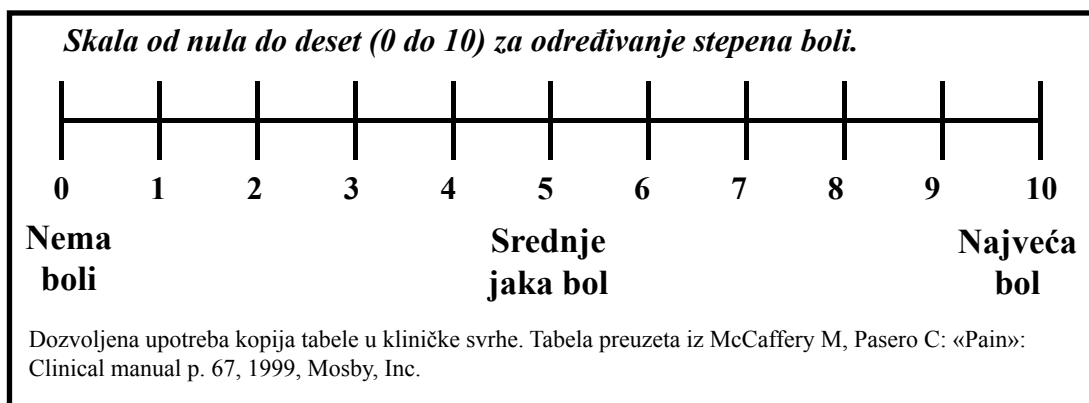


Rez

- Vaš rez će biti pokriven odgovarajućim zavojima. Vaš ljekar i medicinske sestre će vam kontrolisati zavoj i mijenjati ga po potrebi. Kako rez počne zarastati, nosit ćete manje zavoje.
- Vaš rez može biti zatvoren šavovima, kopčama ili specijalnim trakama koje se zovu sterilni adhezivi. Oni će se ukloniti za 7 do 14 dana kada odete na kontrolu kod ljekara.
- Vaša medicinska sestra će vam pokazati kako da negujete rez.

Kontrola bola

- Nastojat ćemo da vam pružimo što veću udobnost. Medicinska sestra će vas pitati da na skali od 0 do 10 odredite stepen bola, s tim da 0 znači da uopšte ne osjećate bol, a 10 je ocjena za najjaču bol.



Wong-Baker *FACES* Pain Rating Scale

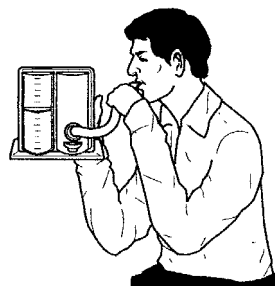


From Wong, D.L., Hockenberry-Eaton, M., Wilson, D., Winkelstein, M.L., Ahmann, E., DiVito-Thomas, P.A. Whaley and Wong's Nursing Care of Infants and Children, ed. 6, St. Louis, 1999, p. 2040. Copyrighted by Mosby, Inc. Reprinted by permission.

- You can expect to have some pain at your incision site for several days after your surgery. You also may have some soreness in other parts of your body because of the way you were positioned during surgery.
- Your doctor will order pain medicine for you. Be sure to **let your nurse know when you have pain or need your medicine**. Ask for pain medicine before your pain gets too bad. 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, tell your nurse.

Activity

- **Do not** get up out of bed without help. Staff will tell you when it is safe to get up on your own.
- You will be helped to sit up on the side of your bed at first. Your activity will be increased to sitting up in a chair, then walking in the room, and then walking in the hallway. Each day the amount of time you are out of bed and the distance you walk should increase.
- Exercise your lungs by using an incentive spirometer to prevent problems after surgery. Coughing and deep breathing also help keep your lungs clear. Use a pillow or folded blanket across your abdomen or chest to protect any incisions there when you cough. It will let you cough better and help reduce pain. Do these exercises every 1 to 2 hours while you are awake.

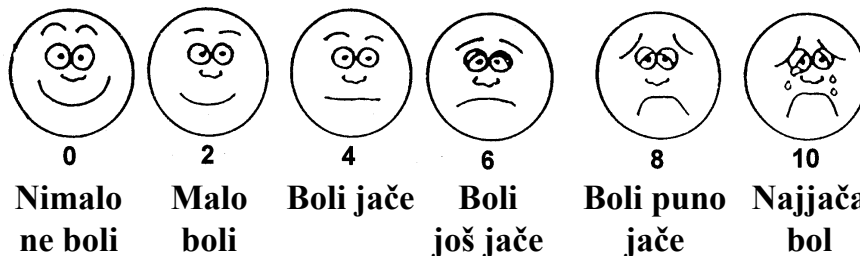


Incentive spirometer



Coughing

Tabela s izražajem lica koja se koristi za opis jačine bola po Wong-Bakeru.

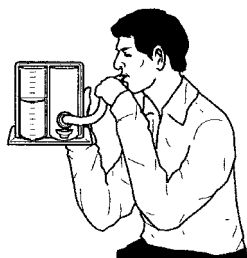


Preuzeto iz Wong, D.L, Hockenberry-Eaton, M, Wilson, D, Winkelstein, M.L, Ahmann, E, DiVito-Thomas, P.A, Whaley and Wong: «Nursing Care of Infants and Children», ed. 6, St. Louis, 1999, P. 2040. Kopiranje uz dozvolu

- Možete očekivati da nekoliko dana nakon operacije osjećate izvjesnu bol na mjestu gdje je rez. Takođe možete osjećati bol u drugim dijelovima tijela zbog položaja u kojem ste bili u toku operacije.
- Vaš ljekar će vam propisati lijek protiv bolova. Obavezno **obavijestite svoju medicinsku sestru ako osjetite bol ili vam treba lijek**. Tražite lijek protiv bolova prije nego što postane nepodnošljiv. Ako se bol ne drži pod kontrolom, oporavak će duže trajati. Često pomaže ako se lijek protiv bolova uzme prije uključenja u neku aktivnost ili prije nego što bol postane nepodnošljiv. Ako se bol pogorša ili ne smanji nakon uzetog lijeka, obavijestite svoju medicinsku sestru.

Aktivnost

- **Nemojte** sami ustajati iz kreveta. Zdravstveno osoblje će vam reći kada je za vas bezbjedno da sami možete ustajati.
- U početku ćete dobijati pomoć prilikom pridizanja u sjedeći položaj na strani kreveta. Vaša aktivnost će se postepeno povećati na sjedenje u stolici, zatim šetnju po sobi, a onda šetnju po hodniku. Vrijeme koje ćete provoditi izvan kreveta i razdaljina koju pređete hodajući će se povećavati iz dana u dan.
- Da bi ste spriječili probleme nakon operacije, vježbajte pluća dišući u spirometar za vježbe disanja. Kašljanje i duboko disanje će takođe pomoći da vam se iščiste pluća. Preko stomaka ili grudi stavite jastuk ili savijenu deku da zaštitite sve rezove na tim mjestima dok kašljete. To će vam pomoći da lakše kašljete i da vas manje boli. Kada ste budni, ove vježbe radite svakih 1 do 2 sata.



Spirometar za vježbe disanja



Kašljanje

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Blood Clots

To help prevent the risk of blood clots:

- The staff will help you get out of bed and walk.
- The staff will show you how to do an exercise called ankle pumps to help move the blood in your legs. Do ankle pumps every hour while you are awake.
- You may have special stockings on your legs. Sometimes plastic wraps that connect to an air pump are used while you are in bed. They squeeze and relax around your legs to help your blood flow.
- You may be given injections of medicine in the abdomen to thin your blood.



Ankle pumps

Diet and Bowel Activity

- You may be given ice chips at first. If you do not have nausea, you will be given clear liquids then light foods. It may be a day or two after surgery before you get regular food.
- Tell the nurse if you have nausea.
- Surgery and pain medicine may cause constipation. The nurses will ask about your bowel activity. Stool softeners and laxatives may be given.

Getting Ready to Go Home

- Staff will teach you about your care at home and give you written instructions.
- Family and friends are encouraged to learn about your care so they can help you at home as needed. Someone should stay with you for 24 hours to 2 weeks after surgery based on the type of surgery you had.
- If you have no one that can stay with you, tell your doctor's office before your surgery so that you can discuss options for your care after surgery. Some patients may need a short stay in a rehab facility after leaving the hospital.

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Ugrušci krvi (trombovi)

Da bi se spriječio rizik od stvaranja ugrušaka krvi:

- osoblje će vam pomoći da ustanete iz kreveta i šetate.
- osoblje će vam pokazati kako da radite vježbu koja se zove pumpanje nožnim zglobom, a koja će pomoći da krv bolje cirkuliše. Kada ste budni, svaki sat radite pumpanje nožnim zglobom.
- Možda ćete na nogama nositi specijalne čarape. Ponekad dok ležite u krevetu koriste plastične ovoje koji su vezani za pumpu za zrak. Oni funkcionišu tako što se stežu i popuštaju oko noge kako bi pomogli cirkulaciji krvi.
- Možda ćete dobijati injekcije sa lijekovima za razrjeđivanje krvi koje se daju u stomak (abdomen).



Pumpanje nožnim zglobom

Ishrana i rad crijeva

- U početku ćete možda dobiti komadiće leda. Ako ne budete osjećali mučninu, za obrok ćete dobiti bistre tečnosti, a onda laganu hranu. Nakon operacije može proći dan, dva prije nego što dobijete normalnu hranu.
- Ako osjećate mučninu, obavijestite medicinsku sestru.
- Operacija i lijek protiv bolova mogu prouzrokovati zatvor (konstipaciju). Medicinske sestre će vas pitati da li vam rade crijeva. Možda ćete dobiti sredstva za omekšavanje stolice i laksative.

Priprema za odlazak kući

- Zdravstveno osoblje će vam objasniti kakvu njegu da preduzmete kod kuće i dati upute u pismenom obliku.
- Bilo bi dobro da porodica i prijatelji nauče kako da vam pružaju njegu, tako da vam u slučaju potrebe mogu pomoći kod kuće. Neko bi trebao biti sa vama u trajanju od 24 sata do 2 sedmice nakon operacije, što zavisi od vrste operacije koju ste imali.
- Ukoliko nemate nikoga da sa vama bude kod kuće, o tome prije operacije obavijestite osoblje koje radi sa vašim ljekarom tako da se mogu razmotriti druge mogućnosti njege koja će vam biti pružena nakon operacije. Nekim pacijentima može biti potrebno da nakon otpusta iz bolnice kratko vrijeme provedu u ustanovi za rehabilitaciju.

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