

# 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.

# 手术后的住院护理

手术后，您将进入恢复室，直至苏醒。护士会经常查看您的情况并给您用止痛药物。您苏醒时，会被送进病房。

## 手术后的最初几小时

- 您进入病房后，家属可以探视。
- 护理人员会经常检查您的体温、血压、脉搏和呼吸率。此外，可能会将检查血液中氧含量的夹子夹在您的手指上。
- 护士会检查刀口的包扎情况和渗出液。
- 如果您感觉不适，要告知护士。
- 如果刀口肿胀或出血，或感到腿或手臂疼痛、麻木或刺痛，要立即告诉护士。
- 您可能会吸氧并使用心脏监护仪数小时。
- 可能会给您插导管以从膀胱引尿，或其它导管引流体液。导管一般会在您回家前取出。如果回家时导管未取出，医护人员会教您如何护理。
- 可能会做心电图检查、胸部X光检查或血液检查。
- 医生会告诉您手术的情况。

## 静脉输液和抗生素

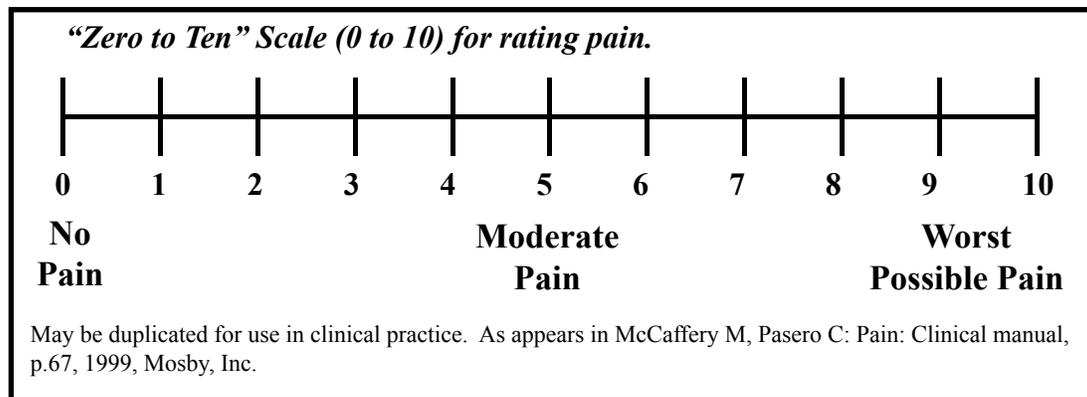
- 手术后会给您静脉输液，时间不长。手术后，在您能够饮用液体之前，静脉输液器会继续留在体内。如果通过静脉输入药物，静脉输液器则可能留在体内的时间要更长。
- 可能会给您静脉注射抗生素，以防感染。

## 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.

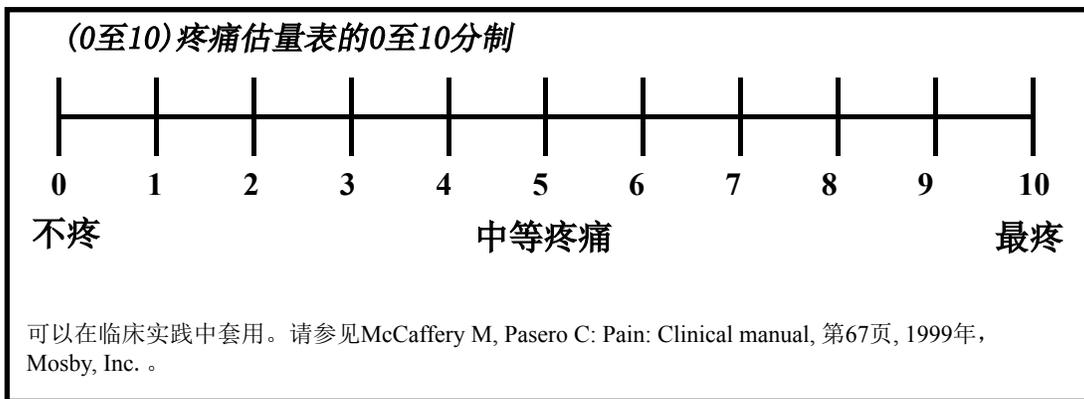


## 刀口

- 会用敷料包扎刀口。医生和护士会检查包扎情况，并必要时进行更换。随着刀口开始愈合，会逐渐使用较小的敷料。
- 可用缝合线、缝合器或特殊胶带（免缝胶带）封闭刀口。手术后7至14日复诊时拆线。
- 护士会教您如何护理刀口。

## 疼痛控制

- 医护人员会采取措施，让您不疼。护士会按0至10分要求您说明疼痛程度，0代表不疼，10代表最剧烈的疼痛。



### Wong-Baker *FACES* Pain Rating Scale

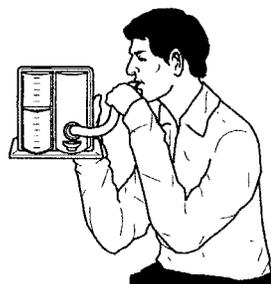


From Wong, D.L., Hockenberry-Eaton, M., Wilson, D., Winkelstein, M.L., Ahmann, E., DiVito-Thomas, P.A. Whaley and Wong's Nursing Care of Infants and Children, ed. 6, St. Louis, 1999, p. 2040. Copyrighted by Mosby, Inc. Reprinted by permission.

- 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.

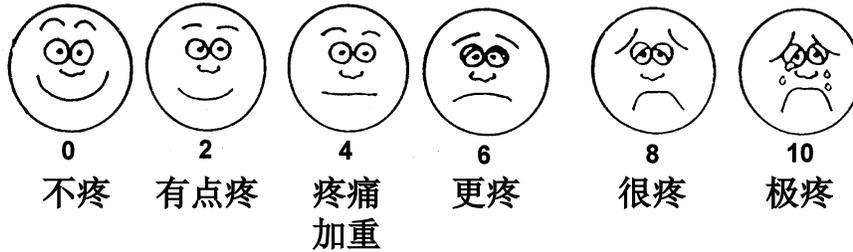


Incentive spirometer



Coughing

### Wong-Baker 面部表情疼痛估量表

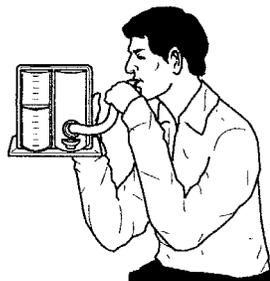


摘自Wong, D.L., Hockenberry-Eaton, M, Wilson, D., Winkelstein, M.L., Ahmann, E., DiVito-Thomas, P.A, Whaley and Wong's Nursing Care of Infants and Children, 第 6版, St. Louis, 1999年, 第2040页。Mosby, Inc. 版权所有。允许翻印。

- 手术后数天内，刀口部位会有一些疼痛，这是正常的。此外，身体的其它部位也可能感觉疼痛，原因是手术中您的身体被固定的方式。
- 医生会给您开止痛药。**感到疼痛或需要止痛药时，务必告诉护士。**在疼痛加剧之前要服止痛药。如果不设法控制疼痛，康复时间会延长。最好是在疼痛发作=或过分加剧前用止痛药。如果疼痛加剧或药物无法控制时，要告诉护士。

### 活动

- **不要**独自起身离开病床。医护人员会告诉您什么时候独自起身是安全的。
- 初期会有人协助您在床边上坐起。您的活动量会逐渐增加至坐在椅子上，然后在室内行走，再于走廊内行走。下床活动的时间和行走的距离应每天增加。
- 使用激励式肺活量计练习肺功能，以防止手术后肺部出现问题。此外，咳嗽和深呼吸亦有助清肺。咳嗽时，在腹部或胸部放一个枕头或折起的毯子，以保护刀口。这样有助于咳嗽，并减少疼痛。不睡觉时，每隔1至2小时作一次上述练习。



激励式肺活量计



咳嗽

## 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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## 血凝块

为防止血凝块的风险：

- 医护人员会帮助您下床行走。
- 医护人员会教您如何进行踝泵练习，以促进腿部血液循环。醒来后每小时作一次踝泵练习。
- 可能给您腿上穿特殊的长袜子。有时候，当您躺在床上时，会用塑料带连接气泵。它们挤压和放松腿部周围的肌肉，以帮助您的血液流动
- 可能在腹部注射药物，以便稀释血液。



踝泵练习

## 饮食和大便

- 医护人员可能让您从嚼冰块开始。如果不感到恶心，可以先吃流质，然后过渡到清淡的食物。可能要在手术后一天或两天才能正常进食。
- 如果感到恶心，请告诉护士。
- 手术和止痛药可能导致便秘。护士会询问您的大便情况。可能会使用大便软化剂和泻剂。

## 准备出院回家

- 医护人员会教您在家如何护理，并提供书面说明。
- 鼓励家人和朋友了解如何护理您，以便必要时提供帮助。根据手术的种类，手术后24小时至2周内应有人在家陪护。
- 如果无人可以在家陪护，手术前须向医生说明，以商讨手术后的其它护理选择。有些患者出院后可能需要短时间进康复机构。

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Your Hospital Care after Surgery. Simplified Chinese.