

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.

手術後的住院護理

手術後，您將進入恢復室，直至蘇醒。護士會經常查看您的情況並給您用止痛藥物。您甦醒時，會被送進病房。

手術後的最初幾小時

- 您進入病房後，家屬可以探視。
- 護理人員會經常檢查您的體溫、血壓、脈搏和呼吸率。此外，可能會將檢查血液中氧含量的夾子夾在您的手指上。
- 護士會檢查刀口的包紮情況和滲出液。
- 如果您感覺不適，要告訴護士。
- 如果刀口腫脹或出血，或您感到腿或手臂疼痛、麻木或刺痛，要立即告訴護士。
- 您可能會吸氧並使用心臟監護儀數小時。
- 可能會給您插導管以從膀胱引尿，或其他導管引流體液。導管一般會在您回家前取出。如果回家時導管未取出，醫護人員會教您如何護理。
- 可能會做心電圖、胸部X光或血液檢查。
- 醫生會告訴您手術的情況。

靜脈輸液和抗生素

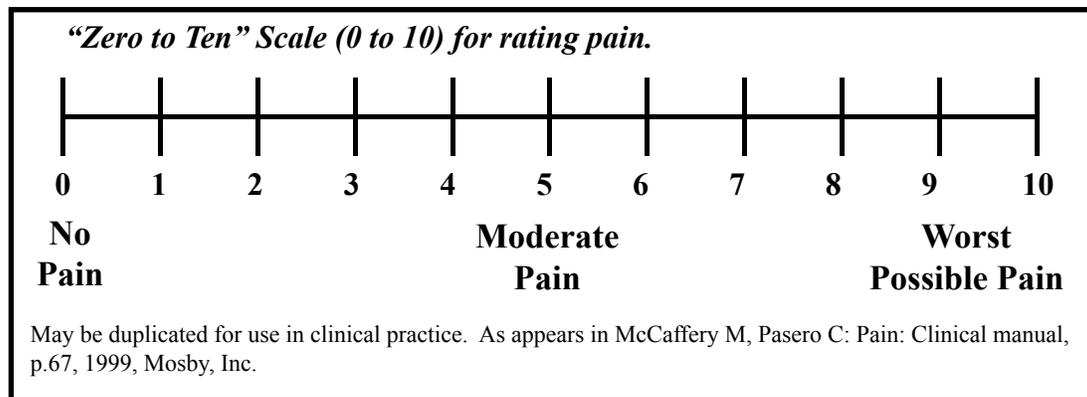
- 手術後會給您靜脈輸液，時間不長。手術後，在您有可以飲用液體之前，靜脈輸液器會繼續留在體內。如果透過靜脈輸入藥物，靜脈輸液器則可能留在體內的時間要更長。
- 可能會給您靜脈注射抗生素，以防感染。

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.

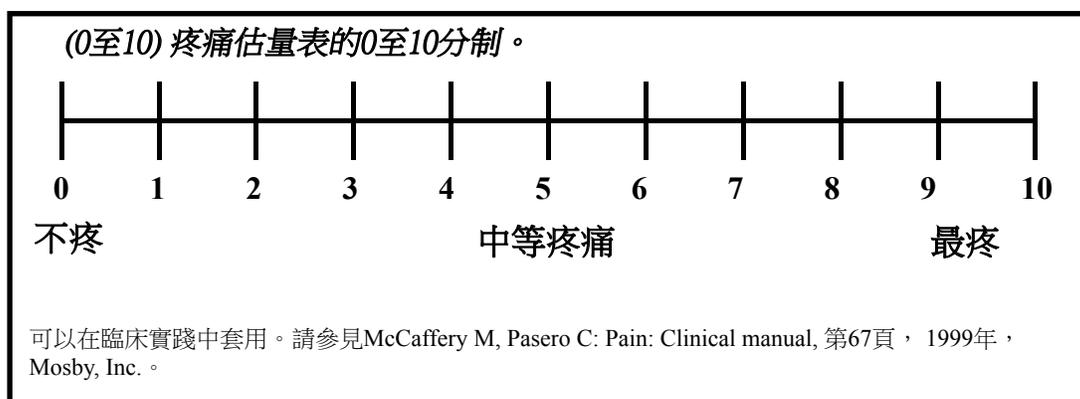


刀口

- 會用敷料包紮刀口。醫生和護士會檢查包紮情況，並必要時進行更換。隨著刀口開始癒合，會逐漸使用較小的敷料。
- 可用縫合線、縫合器或特殊膠帶（免縫膠帶）封閉刀口。手術後7至14日複診時拆線。
- 護士會教您如何護理刀口。

疼痛控制

- 醫護人員會採取措施，讓您不疼。護士會要求您用0至10分說明疼痛程度，0代表不疼，10代表最劇烈的疼痛。



Wong-Baker *FACES* Pain Rating Scale

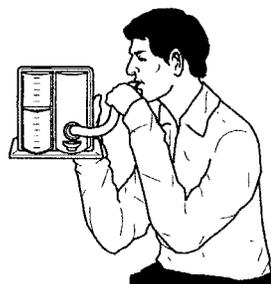


From Wong, D.L., Hockenberry-Eaton, M., Wilson, D., Winkelstein, M.L., Ahmann, E., DiVito-Thomas, P.A. Whaley and Wong's Nursing Care of Infants and Children, ed. 6, St. Louis, 1999, p. 2040. Copyrighted by Mosby, Inc. Reprinted by permission.

- 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.

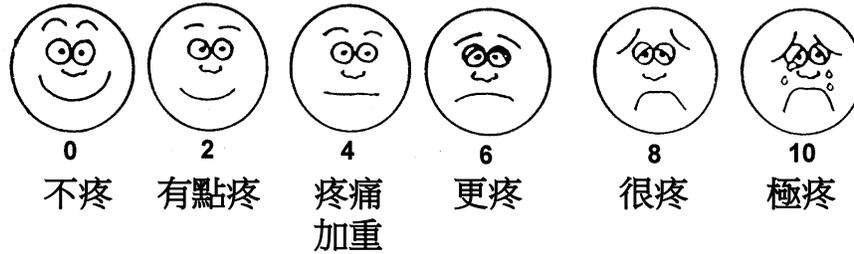


Incentive spirometer



Coughing

Wong-Baker面部表情疼痛估量表

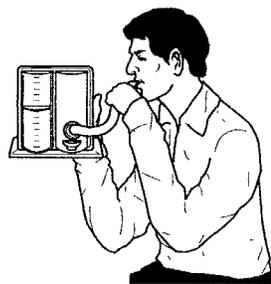


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- 手術後數天內，刀口部位會有一些疼痛，這是正常的。此外，身體的其他部位也可能感覺疼痛，原因是手術中您的身體被固定的方式。
- 醫生會給您開止痛藥。**感到疼痛或需要止痛藥時，務必告訴護士。**在疼痛加劇之前要用止痛藥。如果不設法控制疼痛，康復時間會延長。最好是在疼痛發作前或過分加劇前用止痛藥。如果疼痛加劇或藥物無法控制時，要告訴護士。

活動

- **不要**獨自起身離開病床。醫護人員會告訴您什麼時候獨自起身是安全的。
- 初期會有人協助您在床邊上坐起。您的活動量會逐漸增加至坐在椅子上，然後在室內行走，再於走廊內行走。下床活動的時間和行走的距離應每天增加。
- 使用激勵式肺活量計練習肺功能，以防止手術後肺部出現問題。此外，咳嗽和深呼吸亦有助清肺。咳嗽時，在腹部或胸部放一個枕頭或摺起的毯子，以保護刀口。這樣有助於咳嗽，並減少疼痛。不睡覺時，每隔1至2小時作一次上述練習。



激勵式肺活量計



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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血凝塊

為防止血凝塊的風險：

- 醫護人員會幫助您下床行走。
- 醫護人員會教您如何進行踝泵練習，以促使腿部血液流通。甦醒後每小時作一次踝泵練習。
- 可能給您腿上穿特殊的長襪子。有時候，當您躺在床上時，會用塑膠帶連接氣泵。它們擠壓和放鬆腿部周圍的肌肉，以幫助血液流動。
- 可能在腹部注射藥物，以便稀釋血液。



踝泵練習

飲食和大便

- 開始時，醫護人員可能讓您嚼冰塊。如果不感到噁心，可以飲用清的液體，然後過渡到清淡的食物。可能要在手術後一天或兩天才能正常進食。
- 如果感到噁心，請告訴護士。
- 手術和止痛藥可能導致便秘。護士會詢問您的大便情況。可能會使用大便軟化劑和瀉劑。

準備出院回家

- 醫護人員會教您在家如何進行護理，並提供書面說明。
- 鼓勵家人和朋友瞭解如何護理您，以便必要時提供幫助。根據手術的種類，手術後24小時至2週內應有人在家陪護。
- 如果無人可以在家陪護，手術前須向醫生說明，以討論手術後的其他護理選擇。有些患者出院後可能需要短時間進康復機構。

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Your Hospital Care after Surgery. Traditional Chinese.