

Gall Bladder Removal Surgery

Surgery to remove your gall bladder is called **cholecystectomy**. The gall bladder is on the right side of your upper abdomen. The gall bladder may need to be removed when there are stones in it or in the duct leading from the gall bladder. The stones may cause swelling or infection.

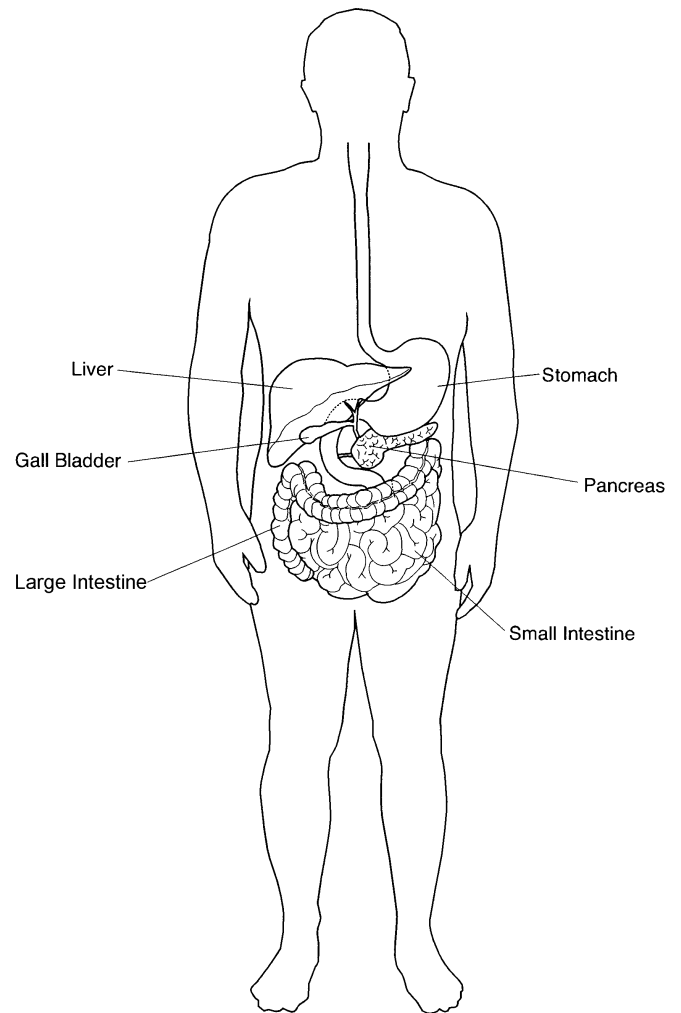
There are two ways to do this surgery. Ask your doctor which way your surgery will be done.

- **Laparoscopic gall bladder removal surgery**

3 or 4 small incisions are made in the abdomen. The doctor uses a camera and tools through the incisions to remove the gall bladder. With this type of surgery, you may recover faster, have less pain, less scarring and fewer wound problems. Often you will go home within 24 hours after surgery.

- **Open gall bladder removal surgery**

A larger incision is made below the ribs on the right side of the abdomen. The doctor works through this incision to remove the gall bladder. You may stay in the hospital for up to 3 days after surgery.



膽囊摘除手術

摘除膽囊的手術稱為**膽囊切除術**（**cholecystectomy**）。膽囊位於腹部右側。如果膽囊內部或膽管內有結石，則可能需要摘除膽囊。結石可能導致腫脹或感染。

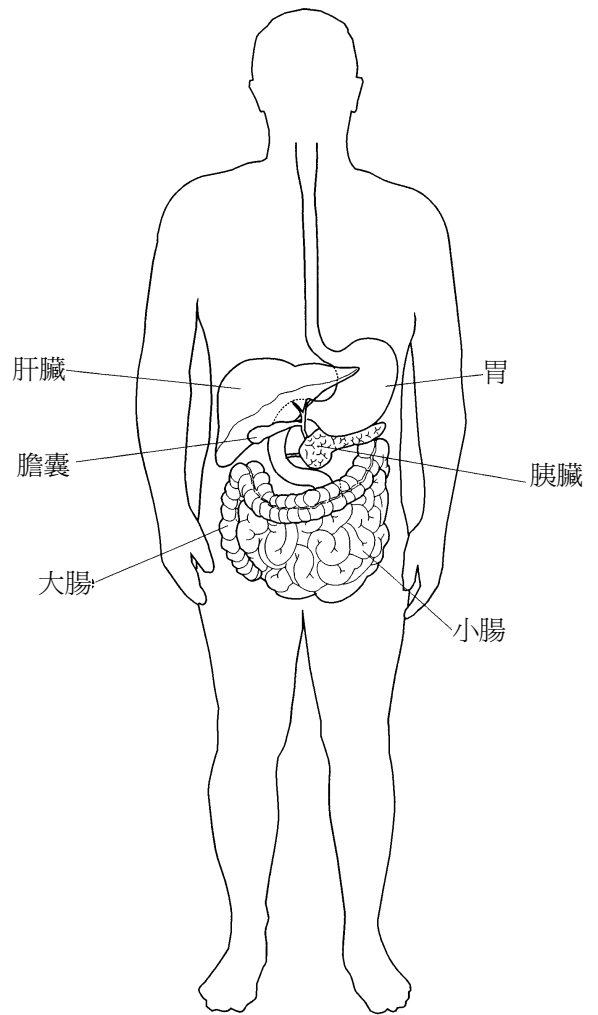
膽囊切除術有兩種方式。請向醫生諮詢採取何種方式。

- **腹腔鏡膽囊摘除手術**

在腹部開 3 或 4 個很小的切口。醫生透過這些小切口，使用攝影頭和工具摘除膽囊。採用腹腔鏡手術，康復更快，疼痛更少，疤痕較少，傷口問題也較少。通常在手術後 24 小時內即可回家。

- **開腹膽囊摘除手術**

在腹部右側肋下開一個較大的切口。醫生透過這個切口，摘除膽囊。手術後，最多可能需要住院三天。



To Prepare

- Tell your doctor all the medicines you are taking. Be sure to include any prescription or over the counter medicines, vitamins and herbs.
- You may be told **not to take any aspirin or ibuprofen** a few days before your surgery.
- Ask your doctor if you are to take any of your medicines the morning of your surgery. If so, take with small sips of water only.
- Do not eat or drink anything, including water, after midnight the night before your surgery.
- If you have any allergies to medicines, foods or other things, tell the staff before your surgery.

During Surgery

- You will wear a hospital gown.
- An IV (intravenous) tube or catheter is put into a vein in your arm for giving medicine and fluids.
- You are taken on a cart to the surgery room. You are helped onto the surgery table. A belt may be put over your legs for your safety.
- You will be given medicine so you will sleep through the surgery. The medicine is given through the IV or by using a face mask.
- Your abdomen is cleaned and sheets are put over you to keep the area clean.
- The incision(s) are made.
- Your gall bladder is removed.
- The incision(s) are closed with stitches, staples or special tapes called steri strips.
- A bandage is put over the stitches or staples.

準備工作

- 向醫生說明正在服用的所有藥物。務必要包括任何處方藥物、非處方藥物、維他命和草藥。
- 可能會要求您在手術前數天禁服**阿司匹靈或布洛芬**。
- 詢問醫生，手術當天上午是否須服用任何藥物。如果需要，服藥時須僅用少量水送服。
- 手術前一天，午夜後不要吃東西或喝飲料（包括水）。
- 如果對藥物、食物或其他物品過敏，手術前須向工作人員說明。

手術程序

- 會讓您換上醫院的罩衣。
- 手臂上插入靜脈注射導管，注射藥物和流體。
- 躺在推車上進入手術室，由人協助您上手術台。為安全起見，可能用帶子固定您的腿。
- 您會接受麻醉藥，在手術過程中處於睡眠狀態。麻醉藥透過靜脈注射或面罩給藥。
- 清潔腹部，用布蓋在身上，以保持手術部位的清潔。
- 開出刀口。
- 摘除膽囊。
- 用縫合線、縫合器或特殊膠帶（免縫膠帶）封閉切口。
- 用繃帶包紮縫合處或縫合器。

After Surgery

In the Hospital

- You are taken to the recovery room where you are watched closely until you wake up and are doing well.
- Your breathing, blood pressure and pulse are checked often.
- Your doctor will talk to you about your surgery.
- Medicines given during the surgery will make you sleepy. If you are going home the day of your surgery, you will need to have an adult family member or friend take you home for your safety.
- If you have the large incision, you will be taken to your hospital room. You may have a drain in place near your incision. This will be checked and emptied by the nursing staff. Often the drain is removed before you leave the hospital.

At Home

- Rest. Increase your activity each day.
- Take your medicines as directed by your doctor.
- Call your doctor to schedule a follow-up visit.
- **You can take a shower 2 days after your surgery. Do not** take a tub bath for one week after your surgery.
- If you have a bandage over your incision, it will be removed after the second day. You do not need to replace the bandage unless you were told to do so by your doctor or nurse. The nurse will teach you to change the bandage if needed. **If you have steri strips** over your incision, leave them alone. They should fall off on their own in 7 to 10 days.

手術後

住院期間

- 會送您到康復室接受密切觀察，直至醒來而且表現良好。
- 經常檢查您的呼吸、血壓和脈搏。
- 醫生會向您介紹手術情況。
- 如果在手術當天出院回家，要注意因手術麻醉藥物的影響，您可能很嗜睡。爲了您的安全，需要有家屬或朋友送您回家。
- 如果刀口很大，手術後要住院一段時間。手術刀口附近可能有滲出液。護理人員會檢查和清理。出院前，一般會清理刀口的滲出液。

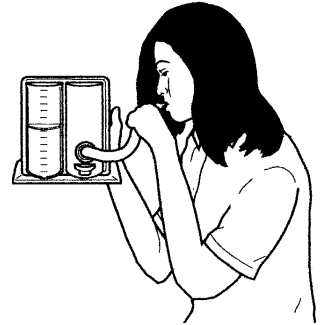
在家中休養期間

- 休息。每天逐漸增加活動量。
- 遵醫囑服用藥物。
- 打電話給醫生，安排複診。
- **手術後 2 天可洗淋浴。**手術後一週內，**切勿**洗盆浴。
- 如果手術刀口有繃帶固定，手術後次日拆除繃帶。除非醫生或護士有指示，否則不需要換繃帶。如果有必要，護士會教您如何換繃帶。如果手術刀口**使用免縫膠帶**，不要動免縫膠帶。免縫膠帶應在 7 至 10 日內自行脫落。

- Neck or shoulder pain after the laparoscopic surgery is common from the air that was put into your abdomen during surgery. Rest and use heat on your shoulder to ease the pain. Raise your head and shoulders up on several pillows.
- It may be hard for you to have a bowel movement after surgery. Walking and eating high fiber cereals, beans, vegetables and whole grain breads will help. Drinking prune juice may also help.
- You may be taught to do deep breathing and coughing exercises to keep you from getting a lung infection after surgery. Deep breathe and cough every hour while you are awake and if you wake up during the night. Use a pillow or folded blanket over your incision for support when you deep breathe and cough.



Coughing



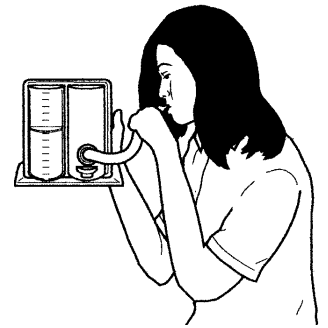
Incentive Spirometer

- **Do not** lift objects over _____ pounds for _____ days.
- **Do not** drive until your doctor tells you that you can. Be sure you are no longer taking prescription pain medicine when you start driving.
- Talk to your doctor or nurse about other activity limits, such as returning to work or walking up stairs.

- 腹腔鏡手術後如果出現頸部或肩膀疼痛，是正常的，原因是手術中向腹內注入了氣體。多休息，熱敷肩部，緩解疼痛。用幾個枕頭墊高頭部和肩膀。
- 手術後，您可能大便困難。走動，吃高纖維穀物、豆類、蔬菜和全麥麵包，均有助於緩解大便困難。此外，喝梅汁也可緩解大便困難。
- 為防止手術後發生肺部感染，您可能需要做深呼吸和咳嗽練習。清醒時每小時做一次深呼吸和咳嗽，夜晚醒來時也要做。深呼吸和咳嗽時，用枕頭或用毯子摺起來蓋在手術刀口上作為扶持。



咳嗽



激勵式肺量計

- 手術後_____天內，**切勿**提舉超過_____磅的重物。
- 獲得醫生准許前，**切勿**駕車。開始駕車後，切勿服用止痛的處方藥物。
- 詢問醫生或護士是否應限制其他活動，例如恢復上班或上下樓梯。

Call your doctor **right away** if you have:

- Pain in your abdomen or shoulder area that does not go away or gets worse
- Increased redness, bruising or swelling
- A fever over 101 degrees F
- Vomiting
- Chills, a cough, or you feel weak and achy
- Skin that is itchy, swollen skin or has a rash
- Trouble having a bowel movement or have diarrhea often

Call 911 **right away** if:

- *Your incisions come apart or you start bleeding.*
- You have trouble breathing all of a sudden.
- You have chest pain.

Talk to your doctor or nurse if you have any questions or concerns.

如果出現以下情況，**立即**致電醫生：

- 腹部或肩部疼痛，持續不退或惡化
- 發紅、瘀傷或腫脹加劇
- 發燒超過攝氏 38 度 (華氏 101 度)
- 嘔吐
- 畏寒、咳嗽或感到虛弱和頭痛
- 皮膚搔癢、腫脹或出現皮疹
- 大便困難或經常腹瀉

如果有以下情況，**立即**致電 911：

- 刀口迸裂或出血。
- 突然呼吸困難。
- 胸痛。

如果有任何疑問或擔心，請諮詢醫生或護士。

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