

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.

手术后的家庭护理注意事项

以下是患者手术后通用的注意事项。根据患者的需求，医生可能还会有其它指示。**务必遵守医生或护士交待的注意事项。**

如果在手术后 24 小时内出院回家：

- 必须安排成年人驾车送您出院，并陪伴您 24 小时。
- 休息 24 小时。患者可能会感到眩晕、头昏和疲乏。这是常见现象，次日即会好转。
- 出院后 24 小时内**切勿**驾车、操作机械、作出重要的个人或法律决定或签署法律文书。

药物

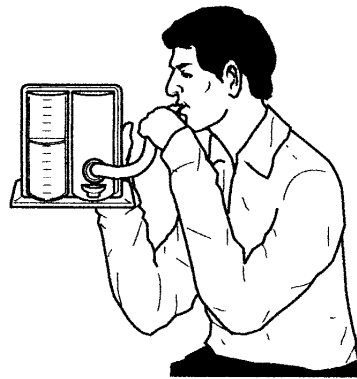
- 遵医嘱服药。
- 手术后可能会疼痛。应该遵医嘱服用止痛药。如果不对疼痛加以控制，康复时间可能会延长。通常最好在疼痛发作前或疼痛恶化之前服用止痛药。如疼痛恶化或服药后未见好转，请看医生。
- 糖尿病患者手术后的血糖可能会高于平时。患者可能需要增加血糖检查次数，并将结果报告医生。如果血糖水平高，应该询问医生是否要调整糖尿病药物。

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, deep breathe or use an incentive spirometer in the hospital, you can continue to do them at home.



Coughing



Incentive Spirometer

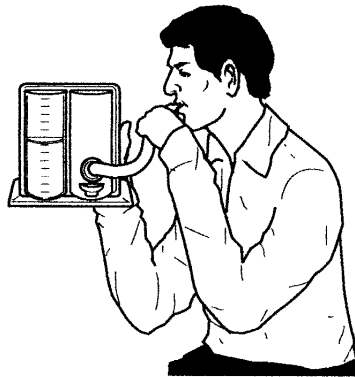
- Do not lift more than 10-15 pounds for the first 2 weeks. When lifting objects, keep your back straight and lift with your legs.
- Walking is encouraged. Gradually build up the length, time and distance you walk each day.

运动

- 康复期间可能需要辅助设备，例如助行器或拐杖。医护人员会教您如何使用。
- 至少 6 周内避免从事压迫手术刀口的活动。
- 腹部或胸部手术患者，走动或咳嗽时要用枕头或毯子支撑手术刀口。
- 如果在医院学习了如何咳嗽、深呼吸或使用诱发性肺量计，在家中也要继续照样做。



咳嗽



诱发性肺量计

- 手术后前 2 周内，切勿提举超过 10 至 15 磅的重物。提举重物时，应该挺直后背，使用腿部力量。
- 建议您多走路。逐渐延长每天走路的长度、时间和总距离。

- 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

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 6-8 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.

- 保持运动和走路有助于防止手术后发生血液结块。为了防止血液结块，医生还可能会让您做踝泵运动或其它运动，并让您穿特制的袜子或注射药物来降低血液粘度。
- 可以上下楼梯。动作要慢，必要时请人搀扶。
- 未获得医生允许前，切勿驾车、上班、恢复性生活、参加体育运动或从事重体力活动。



踝泵

饮食和大便

- 轻微的恶心或呕吐是术后常见现象。如果恶心，可先吃透明饮料和口味淡的食物，例如烤面包、大米或面条。在恶心感消退后，正常进食。避免导致不适的食物。
- 手术后 24 小时或服用处方止痛药期间，切勿饮酒。
- 为防止便秘，要多吃水果、蔬菜和全谷物食品，每天饮水 6 至 8 杯。如果手术后 3 天内无大便，可能需要使用大便软化剂或轻度泻剂。其它注意事项，请致电医生。

Incision Care

- If you have a dressing or bandage on your incision, you should remove the dressing after _____ hours. If you will 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 7-14 days.
- If you have small paper-like strips, called steri-strips, on your incision, they will fall off in 7-10 days. The staff may remove them at your first doctor's follow up 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.

Call your doctor right away if you have:

- Increased drainage or bleeding
- Nausea or vomiting lasting more than 12 hours
- Sudden, severe pain or pain not relieved by medicine
- A fever over 101 degrees Fahrenheit
- Increased swelling, redness or drainage at the incision

刀口护理

- 如果刀口上有包扎物或绷带，应在_____小时后拆除包扎物。如果刀口需要长时间使用敷料，医生会教您如何换药。
- 如果刀口有缝线或缝针，手术后 7 至 14 日内在医生的诊所拆除。
- 如果刀口用小纸胶条（称为免缝胶条）封口，会在手术后 7 至 10 日内自动脱落。手术后第一次复诊时，护士可拆除胶条。
- 为防止刀口感染，要保持刀口干燥和清洁。每天用肥皂和水清洗刀口，然后轻轻拍干。刀口切勿涂抹软膏或爽身粉。
- 如果术后回家时身上带有导流管，护士会教您如何护理导流管。
- 可以淋浴，但是未经医生允许前，切勿洗盆浴、游泳或进入热水澡盆。

如果有以下症状，**要立即致电医生**：

- 刀口流出物或出血增加
- 恶心或呕吐持续超过 12 小时
- 突然发生剧烈疼痛，或服药后无法缓解疼痛
- 发烧超过华氏 101 度
- 刀口肿胀加剧、红肿加剧或流出物增加

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.

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如果有以下症状，**要立即致电 911** 找医生：

- 腿或臂麻木、有针刺感或变色
- 呼吸困难
- 胸痛

如果无法与医生联络或出现严重症状，请致电 **911**。

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Home Care Instructions After Surgery. Simplified Chinese.