

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 room if needed.

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.
- 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.

手术后的住院护理

手术后，进入手术后恢复室，直至您醒来。护士会经常检查您的情况，使用止痛药物。醒来后，必要时会让您进入病房。

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。
- 护士会检查手术刀口的包扎情况和渗出液。
- 如果您感觉不适，须向护士提出。
- 如果手术刀口浮肿或出血，或感到腿或手臂疼痛、麻木或刺痛，要立即告诉护士。
- 手术后数小时，您可能会吸氧，使用心脏监护仪。
- 您的膀胱可能会插引尿管，或使用其它引流管。引流管一般会在出院回家前取下。如果出院回家时未取下引流管，医护人员会传授如何护理。
- 可能会做心电图检查、胸部 X 光检查或血液检查。
- 医生会向您介绍手术情况。

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.

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.

静脉注射液体和抗生素

- 手术后会静脉注射液体，时间不长。手术后恢复液体进食能力之前，会持续进行静脉注射。如果通过静脉注射药物，则可能要注射较长时间。
- 可能会静脉注射抗生素，防止您发生感染。

刀口

- 手术刀口会进行包扎。医生和护士会检查包扎情况，必要时更换包扎。随着刀口开始愈合，包扎会逐渐变小。
- 可用缝合线、缝合器或特殊胶带（免缝胶带）封闭手术刀口。手术后 7 至 14 日复诊时拆线。
- 护士会说明刀口护理的注意事项。

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.



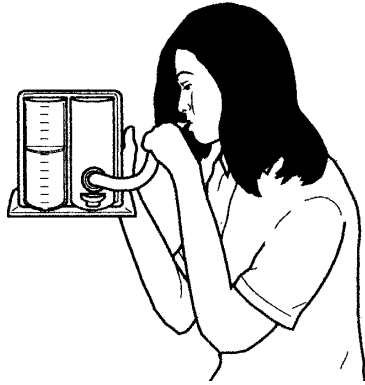
Incentive Spirometer



Coughing

活动

- **切勿**独自起身离开病床。医护人员会说明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。离床活动的时间和行走的距离应每天增加。
- 使用激励式肺量计练习肺功能，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，以保护手术刀口。这样有助于咳嗽，并减少疼痛。清醒状态时，每1至2小时作一次上述练习。



激励式肺量计



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.
- 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.

血液结块

为防止血液结块：

- 医护人员会帮助您离床行走。
- 医护人员会说明如何进行踝泵练习，以协助腿部血液的流通。醒来后每小时作一次踝泵练习。
- 可能给您穿特殊的袜子。
- 可能在腹部注射药物，以便稀释血液。



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，可以先吃清澈的液体，然后过渡到清淡的食物。可能要在手术后一天或两天才能进食正常的食物。
- 如果感到恶心，请向护士提出。
- 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。

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. You should have someone 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.

准备出院回家

- 医护人员会说明在家的护理注意事项，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。依据手术种类，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，商讨手术后的其它护理选择。有些您出院后可能需要短时间住进康复机构。

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