

# 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.

# 手術後的住院護理

手術後，進入手術後恢復室，直至您醒來。護士會經常檢查您的情況，使用止痛藥物。醒來後，必要時會讓您進入病房。

## 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。
- 護士會檢查手術刀口的包紮情況和滲出液。
- 如果您感覺不適，須向護士提出。
- 如果手術刀口浮腫或出血，或感到腿或手臂疼痛、麻木或刺痛，要立即告訴護士。
- 手術後數小時，您可能會吸氧，使用心臟監護儀。
- 您的膀胱可能會插引尿管，或使用其他引流管。引流管一般會在出院會家前取下。如果出院回家時未取下引流管，醫護人員會傳授如何護理。
- 可能會做心電圖檢查、胸部 X 光檢查或血液檢查。
- 醫生會向您介紹手術情況。

## **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.

## 靜脈注射液體和抗生素

- 手術後會靜脈注射液體，時間不長。手術後恢復進食流質能力之前，會持續進行靜脈注射。如果透過靜脈注射藥物，則可能要注射較長時間。
- 可能會靜脈注射抗生素，防止您發生感染。

## 刀口

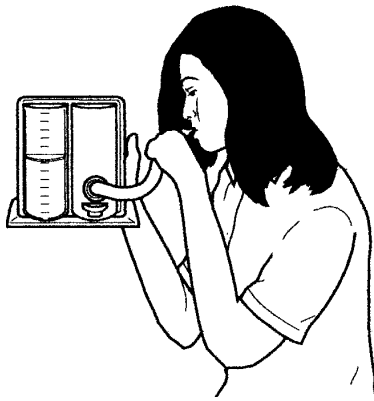
- 手術刀口會進行包紮。醫生和護士會檢查包紮情況，必要時更換包紮。隨著刀口開始癒合，包紮會逐漸變小。
- 可用縫合線、縫合器或特殊膠帶（免縫膠帶）封閉手術刀口。手術後 7 至 14 日複診時拆線。
- 護士會說明刀口護理的注意事項。





## 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**

## 活動

- 切勿獨自起身離開病床。醫護人員會說明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。離床活動的時間和行走的距離應每天增加。
- 使用激勵式肺量計鍛鍊肺功能，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，以保護手術刀口。這樣有助於咳嗽，並減少疼痛。清醒狀態時，每 1 至 2 小時作一次上述練習。



激勵式肺量計



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.
- 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.

## 血液結塊

為防止血液結塊：

- 醫護人員會幫助您離床行走。
- 醫護人員會說明如何進行踝泵練習，以協助腿部血液的流通。醒來後每小時作一次踝泵練習。
- 可能給您穿特殊的襪子。
- 可能在腹部注射藥物，以便稀釋血液。



踝關節運動

## 飲食和大便

- 醫護人員可能讓您從嚼冰塊開始。如果不感到噁心，可以先吃清澈的流質，然後過渡到清淡的食物。可能要在手術後一天或兩天才能進食正常的食物。
- 如果感到噁心，請向護士提出。
- 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。

## 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.

## 準備出院回家

- 醫護人員會說明在家的護理注意事項，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。依據手術種類，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，商討手術後的其他護理選擇。有些患者出院後可能需要短時間住進康復機構。

2/2008. Developed through a partnership of The Ohio State University Medical Center, Mount Carmel Health and OhioHealth, Columbus, Ohio. Available for use as a public service without copyright restrictions at [www.healthinfotranslations.org](http://www.healthinfotranslations.org).

Your Hospital Care After Surgery. Traditional Chinese