

阑尾切除术

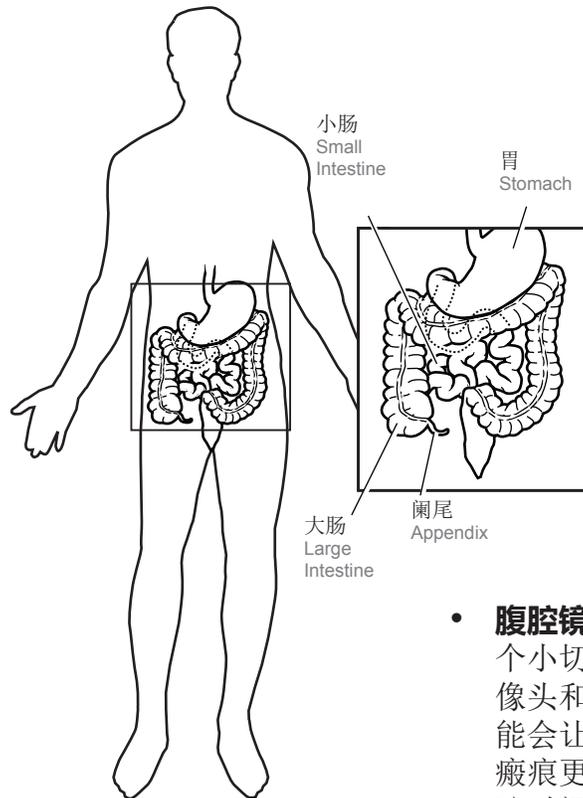
Appendectomy

Appendectomy is a surgery to remove the appendix. The appendix is a small pouch that comes off the large intestine. The appendix sometimes gets blocked and becomes infected and swollen. Signs of an infected appendix include abdominal pain in the lower right side, fever, poor appetite, nausea and vomiting. If the appendix bursts, it can make you very sick.

There are two ways to do this surgery:

- **Open appendectomy** - a single incision is made in the abdomen. The doctor works through this larger incision to remove the appendix.
- **Laparoscopic appendectomy** - 2 or 3 small incisions are made in the abdomen. The doctor uses a camera and tools through the small incisions to remove the appendix. With this type of surgery, you may recover faster, have less pain, less scarring, fewer wound problems and spend less time in the hospital.

An adult family member or friend needs to come with you to take you home after your surgery. It is not safe for you to drive or leave alone.



阑尾切除术是一种切除阑尾的手术。阑尾是位于大肠尾部的一个小囊。阑尾有时会因堵塞而出现感染和肿胀。阑尾感染的体征包括右下腹痛、发热、食欲不振、恶心和呕吐。如果阑尾破裂，会导致严重症状。

这种手术有两种方式：

- **开放性阑尾切除术** - 在腹部开一个切口。医生通过这个较大的切口切除阑尾。
- **腹腔镜阑尾切除术** - 在腹部开2或3个小切口。医生通过小切口使用摄像头和工具切除阑尾。这种手术可能会让您更快恢复，疼痛感更轻，瘢痕更小，伤口不易出现问题，住院时间更短。

手术后，您需要在成年家庭成员或朋友的陪同下回家。您独自开车或离开不安全。

To Prepare

- Tell your doctor what medicines you are taking including prescriptions, over the counter medicines, vitamins and herbs.
- If you have any allergies to medicines, foods or other things, tell the staff.
- Do not eat or drink anything, including water, until after you have your surgery.

During Surgery

- You will wear a hospital gown.
- An IV (intravenous) 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 will be given through the IV or a face mask.
- Your abdomen is cleaned and sheets are put over you to keep the surgery area clean.
- An incision is made in your abdomen. With laparoscopic, 2 to 3 incisions are made.
- The appendix is removed.
- The incision(s) are closed with stitches, staples or special tapes called steri-strips.
- If stitches or staples are used, a bandage is taped over them.

准备

- 告知医生您正在服用的药物，包括处方药、非处方药、维生素和中药。
- 如果您对药物、食物或其他物品过敏，请告知工作人员。
- 手术前，请勿进食或饮用任何东西，包括水。

手术期间

- 您需要换上医院的罩衣。
- 通过静脉注射将药物和液体注入您手臂的静脉。
- 用手推车将您送至手术室。由人协助您上手术台。为安全起见，可能会用带子固定您的腿。
- 需要对您进行麻醉，让您在手术过程中处于睡眠状态。麻醉药通过静脉注射或面罩给药。
- 清洁腹部，在您身上盖上手术盖布，保持手术部位的清洁。
- 在腹部开一个切口。如果是腹腔镜手术，需开2或3个切口。
- 切除阑尾。
- 用缝合线、缝合器或特殊胶带（免缝胶带）缝合切口。
- 如果使用缝合线或缝合器，伤口处需进行绷带包扎。

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 and when you can expect to go home.
- Medicines given during the surgery will make you sleepy. You will need to have an adult family member or friend take you home for your safety.
- You may be sent home 1 to 2 days after surgery. If your appendix ruptured before surgery, you may have to stay longer.

At Home

- Rest.
- Take your medicines as directed by your doctor.
- Call your doctor to schedule a follow-up visit.
- You can take a shower. Do not take a tub bath for one week after your surgery.
- Remove the bandage(s) over the incision(s) the next day before you shower. Carefully wash the incisions with soap and water and pat them dry. Put new band-aids over your incisions. Change your band-aids any time they get wet or dirty.
- If you have steri-strips, leave them alone. They will fall off on their own.

手术后

住院期间

- 您将被送到康复室接受密切的观察，直至醒来并且状态良好。
- 医护人员将经常检查您的呼吸、血压和脉搏。
- 医生会向您介绍手术情况，说明什么时间可以出院回家。
- 手术中使用的药物会使您感到困倦。为了安全起见，您需要在成年家人或朋友的护送下回家。
- 通常在手术后1-2天即可出院。如果您出术前阑尾破裂，住院时间可能会延长。

在家

- 休息。
- 请遵医嘱用药。
- 致电医生安排复诊。
- 您可以洗淋浴。术后一周内切勿盆浴。
- 出院后第二天，在淋浴前取下切口上的绷带。取下绷带后，仔细用肥皂和水清洗刀口，轻拍至干燥。在刀口处更换新绷带。绷带潮湿或变脏时请及时更换。
- 如果伤口处使用的是免缝胶带，请勿对其进行任何处理。免缝胶带会自动脱落。

- 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 8 glasses of liquids each day 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. It may help to use a pillow to support your incision(s) when you cough or deep breathe.
- Do not lift objects over 10 pounds for 3 days if you had laparoscopic, or for 14 days if you had an open procedure .
- Do not drive until your doctor tells you it is okay, and you are no longer taking pain medicine.
- Talk to your doctor or nurse about other activity limits. You should be able to return to normal activities in about 1 to 3 weeks.
- 手术后，您可能会出现排便困难。多走动、多食用高纤维谷物、豆类、蔬菜和全麦面包，均有助于缓解这个问题。此外，每天摄入8杯液体可能也有帮助。
- 为防止手术后发生肺部感染，您可能需要进行深呼吸和咳嗽练习。清醒时每小时做一次深呼吸和咳嗽，夜晚醒来时也要做。咳嗽或深呼吸时，可用枕头贴着刀口作为支撑。
- 如果您接受的是腹腔镜手术，3天内请勿举起超过10磅的物体；如果您接受开放性手术，14天内不得举起超过10磅的物体。
- 在征得医生同意并停止服用止痛药物之前，请勿驾车。
- 关于其它的活动限制，请咨询医生或护士您在手术后1至3周内应可恢复正常活动。

Call your doctor right away if you have:

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

如果出现以下情况，请立即致电医生：

- 腹部或肩部疼痛，持续不退或恶化
- 发红、瘀伤或肿胀加剧
- 发烧超过摄氏38度（华氏101度）
- 畏寒、咳嗽或感到虚弱和头痛
- 呕吐
- 皮肤搔痒、肿胀或出现新皮疹
- 大便困难或经常腹泻

Call 911 right away if:

- The incisions come apart.
- There is new bleeding from the incisions.
- 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.

如果有以下情况，立即致电911：

- 刀口迸裂。
- 刀口重新出血。
- 突然呼吸困难。
- 胸痛。

如果您有任何疑问或疑虑，请咨询您的医生或护士。