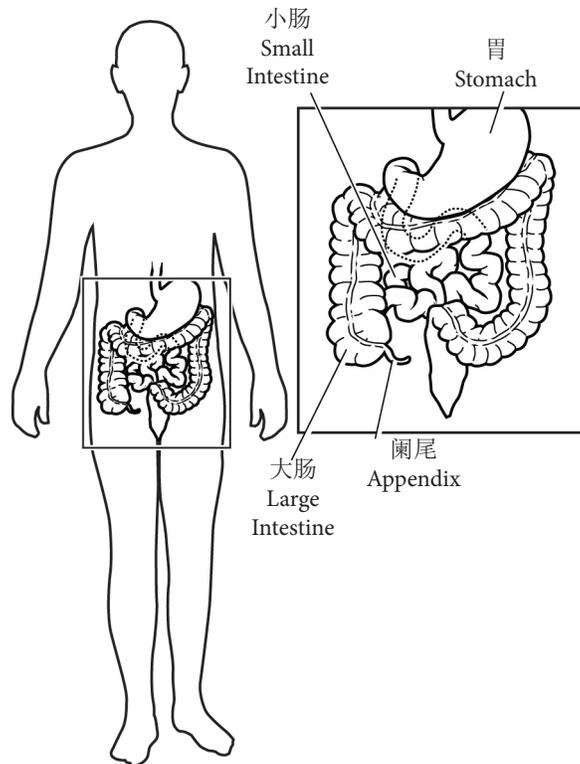


儿童单纯性阑尾切除术

Simple Appendectomy for a Child

Appendectomy is a surgery to remove the appendix. The appendix is a small pouch that comes off of 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.

To do this surgery, the doctor will make 3 or 4 small incisions in the abdomen.



阑尾切除术是切除阑尾的手术。阑尾是大肠末端的细长管腔。阑尾有时候会被堵塞，导致发炎和肿胀。阑尾感染的症状包括腹部右下方疼痛，发烧，食欲不振，恶心和呕吐。如果阑尾破裂，可能导致严重后果。

为执行此手术，医生将在腹部开3到4个小切口。

To Prepare

- Tell your doctor what medicines your child is taking including prescriptions, over the counter medicines, vitamins, and herbs.
- If your child has any allergies to medicines, foods, or other things, tell the staff.
- Your child should have nothing more to drink until after the surgery.

准备工作

- 向医生说明孩子正在服用哪些处方药物、非处方药物、维生素和草药。
- 如果孩子对药物、食物或其它物品过敏，须向工作人员说明。
- 孩子手术前不得喝水或饮料，等到术后再喝。

During Surgery

- Your child will wear a hospital gown.
- An IV (intravenous) is put into a vein for giving medicine and fluids.
- Your child will be given medicine, so he or she will sleep through the surgery. The medicine will be given through the IV or a face mask.
- The abdomen is cleaned and sheets are put over your child to keep the surgery area clean.
- Incisions are made in your child's abdomen.
- The appendix is removed.
- The incisions are then closed with:
 - Gauze and tape dressing
 - Steri-Strips™, a special tape
 - Dermabond®, a special glue
- A transparent dressing, called Opsite, or bandages may be placed over the wounds.

After Surgery

In the Hospital

- Your child is taken to the Post Anesthesia Care Unit (PACU) and watched closely until he or she wakes up and is doing well.
- Your child's breathing, blood pressure, and pulse are checked often.
- Your doctor will talk to you about your child's surgery.
- Your child will need to get up and walk around after surgery. This helps "wake up" the bowels, and helps with your child's breathing and blood circulation.

手术中

- 会让孩子换上医院的罩衣。
- 在手臂上插入静脉注射导管，注射药物和流体。
- 您的孩子会接受麻醉药，手术中保持睡眠状态。麻醉药通过静脉注射或面罩给药。
- 清洁腹部，用布盖在孩子的身上，以保持手术部位的清洁。
- 在孩子的腹部开切口。
- 切除阑尾。
- 切口随后使用以下材料闭合：
 - 纱布和胶带敷料
 - Steri-Strips™，一种专用胶带
 - Dermabond®，一种专用粘合剂
- 伤口上可能包裹一种名为Opsite的透明敷料或绷带。

手术后

住院期间

- 您的孩子会被送到麻醉术后恢复室(PACU)接受密切观察，直至醒来并且状态良好。
- 经常检查孩子的呼吸、血压和脉搏。
- 医生会向您介绍孩子的手术情况。
- 孩子在手术后需要下床并四处走动。这有助于“唤醒”肠道，并对孩子的呼吸和血液循环有帮助。

- Your child may be able to go home the same day as surgery if he or she can walk, take pain medicine by mouth, and drink clear liquids.
- Medicines given during the surgery will make your child sleepy. Your child should be watched closely for 24 hours after you go home.

At Home

- Your child should get plenty of rest.
- Give medicines as directed by your doctor.
- Call your child's doctor's office to schedule a follow up visit.
- Follow the instructions given to you on how to care for your child's incisions.
 - ❑ **Steri-Strips™:** The tapes will fall off on their own. Do not remove them unless the doctor says that it is okay.
 - ❑ **Dermabond®:** The glue will loosen from your child's skin as your child's wounds heal. Wounds covered in Dermabond® need to be kept dry for one day after surgery.
 - ❑ **Opsite:** Leave this dressing in place. It will fall off on its own in 1 to 2 weeks. Do not remove unless your child's doctor says that it is okay.
- Your child may take a shower. Do not let your child take a tub bath or swim for one week after surgery. Carefully wash the incisions with soap and water and pat dry.

- 如果孩子可行走，口服止痛药并饮用透明液体，可能在手术当日即可回家。
- 手术中使用的药物会使孩子非常嗜睡。孩子回家后，应密切观察24小时。

在家

- 孩子应充分休息。
- 遵医嘱用药。
- 致电给医生，安排复诊。
- 遵照说明护理孩子身上的切口。
 - ❑ **Steri-Strips™:** 胶带会自动脱落。除非医生同意，否则切勿拆除。
 - ❑ **Dermabond®:** 随着伤口愈合，粘合剂会从孩子的皮肤上脱落。Dermabond®覆盖的伤口需要在手术后保持干燥，为期一天。
 - ❑ **Opsite:** 保持此敷料的位置。它将在1至2周后自行脱落。除非医生同意，否则切勿拆除。
- 孩子可洗淋浴。手术后一周内，切勿让孩子洗盆浴或游泳。取下绷带后，仔细用肥皂和水清洗切口，把水拍干。

- It may be hard for your child to have a bowel movement after surgery. Walking and eating high fiber cereals, beans, vegetables, and whole grain breads will help. Drinking a lot of liquids may also help.
- Your child may need to do deep breathing and coughing exercises to keep from getting a lung infection after surgery. Have your child deep breathe and cough every hour while awake and if he or she wakes up during the night.
- Your child should not lift objects over 10 pounds for 3 weeks after surgery.
- Talk to your child's doctor or nurse about other activity limits. Your child should be able to return to normal activities in about 1 week.
- 手术后，孩子可能大便困难。走动，吃高纤维谷物、豆类、蔬菜和全麦面包，均有助于缓解大便困难。此外，多喝饮料也有帮助。
- 为防止手术后发生肺感染，孩子可能需要做深呼吸和咳嗽练习。让孩子在清醒时每小时做一次深呼吸和咳嗽，夜晚醒来时也要做。
- 手术后3周内，孩子不应提举超过10磅的重物。
- 向医生或护士咨询孩子须遵守其他哪些活动限制。孩子在手术大约1周后应可恢复正常活动。

Call the doctor right away if your child has:

- Incisions that come apart
- New bleeding from the incisions
- Pain in the abdomen or shoulder area that does not go away or gets worse
- Increased redness, bruising, tenderness, or swelling
- A fever over 101 degrees F under the arm or 102 degrees F rectally
- Stomach becomes distended (full and firm), or your child acts as if it is painful
- Vomiting more than one time
- Trouble having a bowel movement

如孩子出现以下情况，立即致电医生：

- 切口裂开
- 切口重新出血
- 腹部或肩部疼痛，持续不退或恶化
- 发红、瘀伤、压痛或肿胀加剧
- 发热超过华氏101度（腋下）或华氏102度（肛门）
- 胃部肿胀（充盈坚实），或孩子有胃痛的表现
- 呕吐超过一次
- 排便困难

Call 911 right away if:

- Your child has trouble breathing all of a sudden.
- Your child has 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:

- 孩子突然呼吸困难。
- 孩子胸痛。

如有任何疑问或担忧，请咨询医生或护士。